MUSLIMS CAST STONES ON DAY 2 OF PILGRIMAGE

{pages 6-7}

TORONTO metro®

Monday, November 7, 2011
www.metronews.ca
News worth sharing.

▶ Drake stopped by hip hop & R&B station Flow 93-5 last night to co-host a two-hour block on air with DJ Hadi.

COURTESY OF BELL MEDIA RADIO

Drake's hometown shoutout

The Toronto native chatted with fans, professed his love for his hometown and gave thanks to Flow 93-5 for being one of the first stations to play his music.

Punjabi press defends tactics

▶ Young brides often at centre of media maelstrom created by news hounds in the GTA ▶ Handling of marriage-fraud issue questioned

If the power of the press has faded, local Punjabi media are proving it still packs a punch.

At least that's the view of an increasing number of people who say they have become victimized by highly influential — and what they call irresponsible — ethnic media in the Greater Toronto Area.

Take the case of a 33-year-old bride who landed in Toronto after her husband sponsored her arrival from India. She left him within weeks, alleging abuse, and the spurned husband went to Citizenship and Immigration Canada, saying she had married him only to come to Canada.

When the local Punjabi media got wind of it, they sided with the husband. They talked about the bride for weeks, whipping up public sentiment against her. Her photographs were published in a slew of Punjabi newspapers and callers to radio talk shows demanded just one thing: deport her.

"I, or my show, wouldn't have been around for 30 years if it hadn't been a fair show."

JOGINDER BASSI, THE UNDISPUTED KING OF LOCAL PUNJABI MEDIA

"It was a public trial," says Shalini Konanur, executive director of the South Asian Legal Clinic of Ontario.

Konanur says the young bride was never contacted by the media and was too terrified to leave home.

"The media is becoming judge and jury," Konanur says, referring to more than dozen Punjabi daily radio shows, several weekly newspapers, two dailies and several TV shows. "That's not their role."

Primarily based out of Mississauga and Brampton, the Punjabi media have come under scrutiny in the wake of several recent high-profile cases of alleged marriage fraud — a topic they discuss incessantly in the community.

Konanur says it needs to be reined in. "It ruins lives, especially of vulnerable young women."

That's not how Punjabi talk show hosts see it. Joginder Bassi heads Gaunda Punjab, a radio show that boasts a daily following of more than 150,000 listeners. He acknowledges he is controversial and outspoken.

But Parduman Grewal, a fan of Bassi's, says it's only because of Bassi the issue of fraudulent marriages is openly talked about in the community. TORSTAR NEWS SERVICE

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Bogus clinic owner is in town

A woman who investors say bilked them of more than a million dollars in a phoney chiropractic clinic scheme has been found by the Toronto Star living in a weathered North York townhouse complex.

But Rowena Villanueva, 46, said she is not yet ready to answer to her investors, some of whom have been searching for her for the past two years, and believed she fled to her native Philippines with their money.

"I will, soon — don't worry," Villanueva said as to when she will tell her side of the story. "'Cause you know I need to get my rights first, so I have my documentation as well. Thank you."

Wondering where she had gone, and frustrated by the police's refusal to investigate, investors recently made posters with photos of Villanueva and her husband, Quintin Robles, and distributed them to Filipino stores in Toronto.

The Star caught up with Villanueva Friday. She is living in a townhouse complex at York Mills Road and the Don Valley Parkway.

Villanueva remained tightlipped about the scheme, which began in 2006 and continued until 2010, when the couple dropped out of sight, leaving behind a trail of bounced cheques, promissory notes, lawsuits and debt totalling at least a million dollars.

The clinic existed only on paper.

TORSTAR NEWS SERVICE

FACEBOOK.COM

▶ Rowena Villanueva on a Cuban beach last Christmas.

Man charged after woman, 2 kids plunge

Bodies lay on ground covered in shattered glass after fall: Witnesses

One day after a woman, a toddler and an infant plunged from the fourth floor of an apartment building, a 27-year-old man faced three counts of attempted murder.

Jerome Stephenson appeared in court yesterday morning, also facing three counts of aggravated assault, one count of attempting to disarm a police officer, and two charges of resisting arrest.

Stephenson's partner, Teresa Johnson, and two girls believed to be their children — one two years old, the other eight months — were rushed to hospital Saturday after plummeting off the balcony of a highrise on Scarborough Golf Club Road.

Yesterday, the girls remained at the Hospital for Sick Children with injuries that police described as life-threatening.

Johnson, believed to be in her thirties, was rushed to Sunnybrook hospital with serious injuries and is expected to live.

While police wouldn't say much about what happened, Staff Sgt. Jim Gibson suggested the charges indicate the seriousness of the alleged crime.

"(The charges) would lead somebody to believe that perhaps the three victims in this case did not jump," said Gibson. "I'm sure you can read between the lines."

TORSTAR NEWS SERVICE

Marathon. Man

▶ Rick Hansen, left, wheels with Lloyd Robertson, former national CTV news anchor, along Queen Street West yesterday as part of the Rick Hansen 25th Anniversary Relay.

COURTESY OF RICK HANSEN FOUNDATION

Rick Hansen relays rolls through T.O.

The relay is now 75 days into its nine-month cross-Canada Journey. It's scheduled to end in Vancouver on May 22 next year.

1 news

The families of workers killed by exposure to asbestos are begging the Quebec government not to finance the revival of an asbestos mine. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

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The Canadian equestrian community is mourning Hickstead, a horse that helped rider Eric Lamaze win a pair of Olympic medals. Video at metronews.ca/video

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Gas tax increase the way to go?

Metrolinx has until 2013 to devise a strategy for financing nearly $40B in transportation improvements

It's the kind of tax that would have Toronto Mayor Rob Ford using words he normally reserves for 911 dispatchers.

But last month the Metro Vancouver Mayor's Council approved a two-cents-per-litre increase on the provincial gas tax.

It will take effect in April, helping to finance TransLink's one-third share of a light rail extension called the Evergreen line, expected to carry 70,000 people a day in a city that is proving to be every bit as transit-hungry as Toronto.

A bigger gas tax is one of more than a dozen solutions being proposed for the Toronto region by groups such as the Toronto Board of Trade and CivicAlliance in support of Metrolinx's Big Move. Acting on that provincial agency's plan for transit improvements is the only way many civic leaders believe the Toronto area can escape crushing gridlock that could double trip times by 2031.

The issue will be in the public eye this week as transportation experts and the public consider potential solutions at Toronto Talks Mobility. It will gather ideas at a free Wednesday night public forum at City Hall and a full-day summit Thursday at the Wychwood Barns.

It would be easy to dismiss Vancouver's tax as some kooky West Coast invention. But many other jurisdictions, including Seattle and Orange County, Calif., are also taxing for transit.

TORSTAR NEWS SERVICE

Opposition

- Although most GTA residents say they would support a downtown congestion charge, an Angus Reid poll for the Toronto Star showed they oppose a retail sales tax or tolls to help fund the public transit that would take more cars off the road.

Theatre. Opening

▶ The cast and crew of The Company Theatre's The Test celebrate opening night at CanStage's Berkeley Street Theatre, where the play runs until Nov. 26. A family drama, The Test is about a man who discovers his son is not genetically his, which has severe consequences on his views of love and family.

CENTRAL IMAGE AGENCY

See if this Test makes the grade

U of T hikes security in lots

The University of Toronto is stepping up security in its garages and parking lots after a woman was seen being forced into a car last week. Officials say campus police have increased patrols and can be reached 24-7. THE CANADIAN PRESS

Union recruits ex-police association chief

Former police association leader Craig Bromell is back in the union business.

Bromell, 52, confirmed Friday he has become a "strategic adviser" for the Christian Labour Association of Canada in an organizing drive in the Toronto region that will focus on construction workers.

He said he will stress cooperation rather than the confrontation that regularly punctuated his tenure as president of the Toronto Police Association for six years, ending in early 2004.

"Because of the difficult economic conditions, there has to be better relations and common sense between unions and decision-makers like corporations," Bromell told the Toronto Star.

Since his days as an officer in the downtown 51 Division and head of the police association, Bromell has hosted a radio show and become an executive producer in the television industry. He is currently busy in the development of three series, including two for American networks.

TORSTAR NEWS SERVICE FILE

"Unions are shooting themselves in the foot these days and I have a business plan and template that will help everybody."
CRAIG BROMELL, CHRISTIAN LABOUR ASSOCIATION OF CANADA

Hank Beekhuis, Ontario director of the Christian Labour Association, said Bromell will provide help in "developing organizing opportunities" and provide the group with an aggressive edge through his union experience, network of contacts and reputation as a "smart, tough operator."

The association represents more than 50,000 workers across the country in manufacturing, health care, transportation, retail and construction.

However, Sid Ryan, president of the Ontario Federation of Labour, criticized both Bromell's union credentials and the labour association for what he called "sweetheart" deals with employers.

"CLAC (Christian Labour Association of Canada) is a company union that undercuts other unions by agreeing to lower wages and 'no-strike' contracts for 10 years," Ryan alleged.

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Endless thumping has neighbours shook up

Compaction process at Keele-St. Clair building site too much for residents Fear it might damage homes

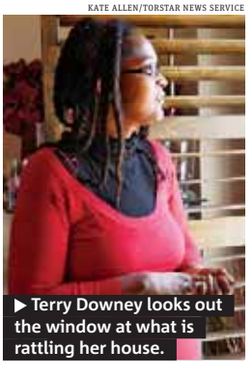
Terry Downey wrings her hands and knits her brow as she peers out her window at the crane across the street slowly lifting its weight high into the sky.

Several seconds later, the 17.5-tonne "pounder," as the weight is called, drops. A deep thud reverberates through the house, and a shelf of glass ornaments nearby rattles.

Over the course of the next 25 minutes, the same thing happens at least half a dozen more times.

Downey is in the "epicentre," as she calls it — her house sits directly across the street from the Stockyards construction site near Keele Street and St. Clair Avenue West. Two weeks ago, developers began a process called "dynamic compaction" that for the next nine weeks will pound the earth until it's suitable to build on.

KATE ALLEN/TORSTAR NEWS SERVICE



▶ Terry Downey looks out the window at what is rattling her house.

Some residents are complaining that the pounding is damaging their homes. But even those who haven't noticed damage have noticed the incessant shaking.

"No let-up at all. Seven days a week," says Claudette Francis, one of Downey's neighbours. "I'm sitting in a chair, and the whole chair is bumping up and down," she says.

"The house is really shaking," says Benjamin Intarakosit, another area resident out walking his dog. "It is scary."

The Stockyards is being converted by Trinity Development Group into a 650,000-square-foot retail site. Because it was formerly a landfill area, the compaction process is necessary, a company spokesman said.

TORSTAR NEWS SERVICE

Musical. March

▶ The 48th Highlanders Pipes and Drums lead the regiment back to the Moss Park Armoury down University Avenue and Queen Street West yesterday.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Soldiers remember their comrades

Based out of the Moss Park Armoury, the 48th Highlanders marched to the Queen's Park cenotaph for a Remembrance Day ceremony yesterday. Reserve military units, like the 48th, traditionally hold their celebrations on the Sunday before Remembrance Day so that most of the reservists are able to participate.

Sale benefits cancer patients

Anyone looking to raid a celebrity's closet will get the chance to do it tonight. Fashion Television's Jeanne Beker hosts an annual charity sale for Gilda's Club, which helps people living with cancer.

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News in brief

FILE/THE CANADIAN PRESS

▶ Edmund Fitzgerald

Shipwreck commemorated

MICHIGAN. A memorial service honouring the 29 men who sank with the Edmund Fitzgerald in a Lake Superior gale 36 years ago takes place Thursday at the Great Lakes Shipwreck Museum in the eastern Upper Peninsula.

The 16th annual commemoration starts at 7 p.m. The 729-foot ore carrier sank in 1975, about 17 miles north-northwest of Whitefish Point.

THE ASSOCIATED PRESS

FARC derides its detractors

BOGATA. Colombia's main rebel group, the leftist Revolutionary Armed Forces of Colombia, or FARC, has acknowledged the death in combat of its leader, Alfonso Cano, and has declared illusory any notions it means the end of their 47-year-old insurgency.

THE ASSOCIATED PRESS

Newspaper attacked

MEXICO. More than a dozen people barged into the offices of a newspaper in central Mexico yesterday, dousing it with gasoline and setting it aflame.

Veracruz state Deputy Attorney General Enoch Maldonado said no injuries have been reported following the attack on the newspaper.

THE ASSOCIATED PRESS

Ritual stoning of devil at hajj

Largest yearly gathering of people in the world

Chanting "God is great," millions of Muslims in Mina, Saudi Arabia yesterday stoned pillars representing the devil in a symbolic rejection of temptation on the second day of their annual hajj pilgrimage, a day that also marks the start of the Islamic holiday of Eid al-Adha.

Vast crowds cast pebbles as they flowed past the three pillars, which now resemble curved walls, in a four-level sprawling concrete structure built to expedite the flow of pilgrims. The ritual will be repeated for two more days, with participants eventually throwing stones at all three pillars.

The ritual in the desert valley of Mina commemorates Abraham's stoning of the devil, who is said to have appeared three times to the prophet to tempt him.

It is one of the most dangerous stages of the hajj, with the press of people around the pillars creating the risk of a stampede. In 2004, 244 people were killed, and the following year at least 360 others were killed when several pilgrims tripped over baggage while others behind them kept pushing ahead. Saudi authorities subsequently built the current complex to reduce the stampede danger.

Saudi authorities said Sunday that more than 2.9 million Muslims were performing the hajj this year.

Male pilgrims in the two-piece seamless white robes worn during the hajj, and women covered head to foot except for their hands and faces, chanted "God is great" while casting the pebbles.

"Hurry up, pilgrims," Saudi security officers called out through loudspeakers, to prevent crowds from building up next to the pillars.

Afterward, pilgrims shaved their heads or clipped off a lock of hair, a tradition dating back to the Prophet Muhammad's own pilgrimage.

THE ASSOCIATED PRESS

Berlusconi says he's leader to rescue nation

Premier Silvio Berlusconi insisted yesterday he still commands enough support in Parliament to enact urgently needed measures to save Italy from financial disaster despite defections from his shaky coalition.

"We maintain that there are no alternatives to our government until 2013," when elections are due, Berlusconi said, addressing a political gathering by audio hookup.

He was defying increasingly loud calls in the country, including some from his own coalition's ranks, to either broaden his government's forces by bringing in opposition centrists or to have Berlusconi step down so that an interim government could be appointed until early elections could be held.

Berlusconi dismissed both scenarios as offensive to the electorate, which had resoundingly voted for him in 2008 elections.

CLAUDIA OLIVA/THE ASSOCIATED PRESS

▶ Cars that were swept into a pile by Friday's torrential rains in Genoa, Italy.

"I don't see (the possibility) of broad backing for a leader put in place to the disrespect of Italians," Berlusconi said. An interim government, "with a puppet as premier," was likewise unacceptable, he added.

This week brings the first in a string of votes in Parliament on reforms and other measures to get Italy's finances in order and revive the dormant economy. THE ASSOCIATED PRESS

Wants to govern

- The premier insisted that his latest sounding out of his allies in parliament "has verified that we have the numbers, for sure," to pass the measures. But should the government fall short in the votes, Berlusconi said, early elections would be the only alternative.
- Still, "We don't want elections. We want to govern," he added.

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HASSAN AMMAR/THE ASSOCIATED PRESS

▶ Muslim pilgrims cast stones at a pillar, symbolizing the stoning of Satan, in a ritual called "Jamarat," the last rite of the annual hajj, in Mina near the Saudi holy city of Mecca, Saudi Arabia, yesterday.

Sacrificial slaughter marks pilgrimage

Since late Friday, pilgrims assembled around the mountain have been praying and reading Islam's holy book, the Qur'an. While many slept in tent compounds, others set up their small tents on sidewalks and streets. Charities and vendors along the way handed out food and umbrellas to shield the climbers from the harsh sun.

They chanted: "Labyek Allahum Labyek" — or "Here I'm at thy service, my God, at thy service."

After sunset, the pilgrims will leave Arafat and headed to nearby Muzdalifah, where they collect pebbles for the next phase of the pilgrimage — the symbolic stoning of the devil represented by three pillars in Mina, just to the west.

The pilgrims then slaughter a camel, sheep or cow to celebrate the beginning of the Eid al-Adha, or the "Feast of the Sacrifice."

THE ASSOCIATED PRESS

▶ A man carries a sheep for the Feast of the Sacrifice.

Muslims from around the world wait a lifetime for a chance to make the pious journey in the footsteps of the Prophet Mohammed and Abraham, whom Muslims view as a forefather of Islam.

"I'm very happy today. I can't express my feelings," said Badr Olgach, a 41-year old construction contractor from Turkey. "I wish and pray for the best, for all the Prophet Muhammad's followers in the world," said the father of two. THE ASSOCIATED PRESS

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Greek PM to resign over debt crisis

Socialists, opposition agree to form new coalition government

Greece's embattled prime minister and main opposition leader have agreed to form an interim government so as not to jeopardize the country's European debt deal and to oversee early elections. The agreement yesterday capped a week of political turmoil that saw Greece facing a catastrophic default and threatening its membership in the European Union.

Greek leaders had been anxious to arrive at a positive result before today, when the country heads to a meeting of eurozone finance ministers in Brussels. The initial agreement, which will see Prime Minister George Papandreou step down, came after he announced he was taking the debt deal to a referendum, a plan he withdrew on Thursday in the face of intense opposition from European leaders and his own Socialist members of Parliament, many of whom called on him to resign.

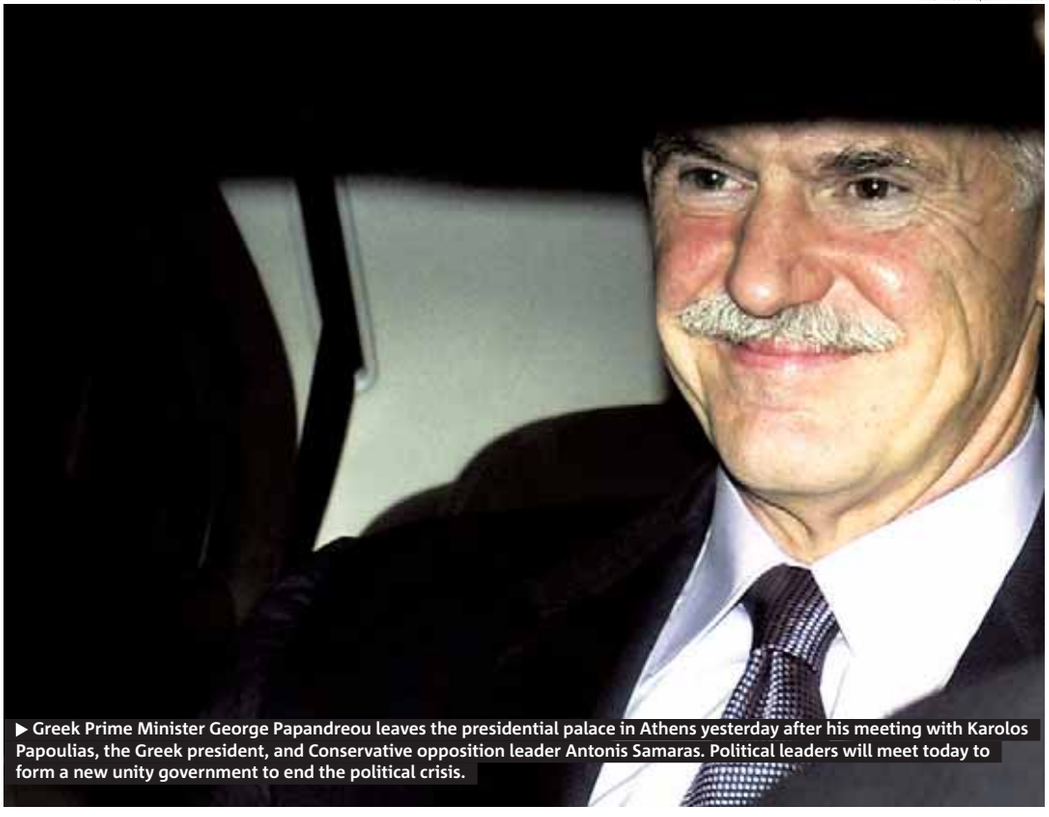
He is to meet again today with opposition leader Antonis Samaras to seek agreement on who will head the new government and who will be included in its Cabinet, a spokesman for President Karolos Papoulias said.

THE ASSOCIATED PRESS

Out on bail

- **Greece has been surviving** since May 2010 on its initial bailout. But its financial crisis is so severe that a second rescue was needed.
- **The new European deal** would give Greece an additional 130 billion euros in rescue loans and bank support. It would also see banks write off 50 per cent of Greek debt, worth about 100 billion euros.

ARIS MESSINIS/GETTY IMAGES



▶ Greek Prime Minister George Papandreou leaves the presidential palace in Athens yesterday after his meeting with Karolos Papoulias, the Greek president, and Conservative opposition leader Antonis Samaras. Political leaders will meet today to form a new unity government to end the political crisis.

Give teeth a chance: Dentist buys Lennon's molar

An Alberta dentist has paid more than $31,000 for a "yellowy, browny tooth with a cavity" that once belonged to John Lennon.

Michael Zuk, of Red Deer, Alta., won the molar at an auction in Stockport, U.K. The late Beatle reportedly gave the tooth to a housekeeper who worked for him in the 1960s.

Zuk, who has written a book about celebrities' teeth, said he will display Lennon's tooth in a case at his dental office.

Paul Fairweather, an auctioneer at Omega Auctions, which sold the tooth, told The Independent newspaper that the tooth is by far "the most weird and wonderful item" ever submitted to the auction house.

Fairweather said the bidding was tense toward the end and a huge cheer rang out when the final bid was made. Lennon's tooth is the first Beatle molar to be sold at auction.

THE CANADIAN PRESS

CONTRIBUTED

▶ Michael Zuk fought tooth and nail for John Lennon's chomper.

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END OF COMBAT?

Disillusioned vets protest the system

The guns of Kandahar have fallen silent, but the impact of the Afghan mission has just begun to register with war-weary Canadians and a new generation of hardened veterans.

A series of protests this weekend shows that the relationship between many veterans and the federal government has been strained by a sense of disillusionment. The soldiers believe the system is short-changing them despite promises of cash.

The first Remembrance Day following the end of the Canadian combat mission will also find the public in a reflective mood.

A poll conducted for National Defence last spring shows that the public is slowly letting go of the notion that their soldiers are peacekeepers. THE CANADIAN PRESS

Missing tax files puts security in question

The personal tax information of hundreds of Canadians has gone missing — and the privacy commissioner wants to know why. Almost 2,700 confidential files were removed from agency offices by an employee, then downloaded onto a laptop which has disappeared. The Canada Revenue Agency is rewriting its security protocols so that the incident won't be repeated. THE CANADIAN PRESS

Starving for acknowledgement

JACQUES BOISSINOT/THE CANADIAN PRESS

▶ Veteran Pascal Lacoste chains himself to his truck on Saturday in Levis, Que. He's trying to get Veterans Affairs Minister Steven Blaney's attention in order to have the government admit he was contaminated with depleated uranium while serving in Bosnia.

Veteran Affairs says few in contact with depleted uranium in Bosnia

Veterans Affairs Minister Steven Blaney met yesterday with a hunger-striking vet who is protesting the way the federal government has handled his case.

Pascal Lacoste blames his declining health on depleted-uranium poisoning he believes he contracted in Bosnia in the 1990s. He started his hunger strike on Saturday at Blaney's riding office in Levis, Que.

Blaney promised that medical specialists would offer Lacoste treatment he requires. "He encouraged him to accept the offer and not put his health in peril," said Blaney's spokesman Jean-Christophe de le Rue.

The specialists were to contact Lacoste later yesterday, the spokesman said. Lacoste said he would make a decision about whether to continue his hunger strike after speaking with them.

The 38-year-old Quebec City resident began fasting at noon Saturday and vowed not to eat again until Blaney recognizes that he and other soldiers were contaminated with depleted uranium. That would allow him to be covered for the decontamination treatment he requires in a U.S. hospital, he said.

Lacoste said he's been suffering from chronic pain and a degenerative neurological disorder. His doctor said tests have shown he does have an unusually high level of uranium in his hair — but an independent radiation expert questions the reliability of the testing. THE CANADIAN PRESS

Flotilla activist claims Taser zapping by Israeli forces

A Canadian on board one of two vessels seized by Israeli forces as they tried to run a naval blockade of Gaza said yesterday that he was zapped with a Taser and bruised as he was taken into custody.

"Although I was tasered during the assault on the Tahrir, and bruised during forcible removal dockside (I am limping slightly as a result) I am basically OK," David Heap of London, Ont., said in a statement released by the group "Canadian Boat to Gaza."

The Tahrir, along with an Irish ship, were seized Friday as they tried to carry medical aid to Gaza.

JIM RANKIN/TORSTAR NEWS SERVICE

▶ Canadian David Heap gives a statement to Greek port authorities aboard the Tahrir.

Israeli forces sprayed the vessel with a water cannon before they boarded the ship and towed it to the Israeli port of Ashdod, north of Gaza.

Heap and some 21 other activists, including two other Canadians, were taken into custody by Israel, which says it intends to deport them sometime this week. Israel said no one was hurt on the vessels.

A statement from Foreign Affairs Minister John Baird's office said that Canadian diplomats were closely watching the situation and "liaising with Israeli authorities." THE CANADIAN PRESS

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Informant delivers former Soviet 'Merchant of Death'

The conviction of an ex-Soviet officer known as the Merchant of Death can be credited in part to the work of a U.S. informant who has made more than $9 million for his undercover work over the past 15 years

Carlos Sagastume was a star witness at the weapons sale trial of Viktor Bout.

The federal court trial ended Wednesday with a conviction that could land Bout in prison for the rest of his life.

THE ASSOCIATED PRESS

▶ Viktor Bout

Former federal drug agent Thomas Pasquarello says Sagastume was perfect for the probe that resulted in Bout's 2008 arrest in Thailand.

He says a guy like Bout wasn't going to fall for a rookie informant. Still, he says Sagastume might not be finished with his undercover work.

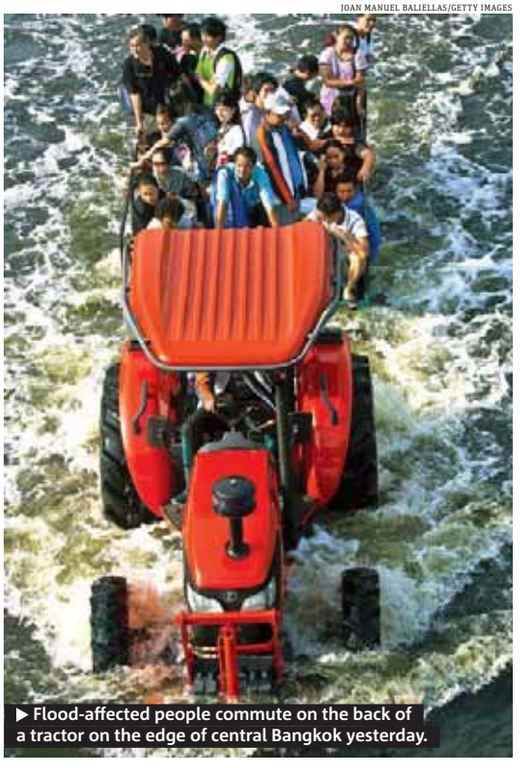
He says someone like Sagastume can always reinvent himself.

THE ASSOCIATED PRESS

Thailand floods claim 500 lives

- Evacuations ordered in 11 of Bangkok's 50 districts
- Most people staying to protect homes and businesses

JOAN MANUEL BALIELLAS/GETTY IMAGES



▶ Flood-affected people commute on the back of a tractor on the edge of central Bangkok yesterday.

The death toll from Thailand's worst floods in half a century climbed past 500 yesterday, as advancing pools of polluted black water threatened Bangkok's subway system and new evacuations were ordered in the sprawling capital.

The latest district added to the government's evacuation list was Chatuchak, home to a major public park and an outdoor shopping zone that is a major tourist attraction. The Chatuchak Weekend Market was open but missing many vendors and customers yesterday as floodwaters poured past the market's eastern edge for a second day.

So far, Bangkok Gov. Sukhumbhand Paribatra has ordered evacuations in 11 of Bangkok's 50 districts, and partial evacuations apply in seven more.

The evacuations are not mandatory, and most people are staying to protect homes and businesses. But the orders illustrate how far flooding has progressed into the city and how powerless the government has been to stop it.

Chatuchak is just a few kilometres north of Bangkok's central business district, which still is dry. Yesterday, cars sloshed through a flooded road underneath Chatuchak's Mo Chit Skytrain station, the northernmost stop on Bangkok's elevated train system.

Relentless rainfall has pummeled vast swaths of Thailand since late July, swamping the country and killing 506 people, according to the latest government statistics. Most victims have drowned, while a handful died from flood-related electrocutions.

No deaths have been reported in Bangkok.

THE ASSOCIATED PRESS

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MATT CARDY/GETTY IMAGES

▶ Emergency services comb through the area Saturday, a day after a multiple vehicle crash Friday night killed seven people on the M5 highway near Taunton in southwestern England.

Fireworks probed for role in fatal pileup

Fireballs made it difficult for rescuers to get near the vehicles Crime team heading investigation

Dense smoke from a fireworks display may be linked to the 34-car pileup on a major British highway that killed seven people and injured 51, police said yesterday.

While initial reports suggested fog and wet road surfaces were partly to blame for the huge collision, police said evidence taken from witnesses show that black smoke — likely from a nearby fireworks show — may be the main culprit.

Rescue workers have described the road accident as one of the deadliest in the country in years.

THE ASSOCIATED PRESS

Nicaraguan president poised for a third term

Nicaraguan president and one-time Sandinista revolutionary Daniel Ortega appears headed for victory last night in an election that his critics say could be the prelude to a presidency for life.

Since returning to power in 2007, the 65-year-old Ortega has boosted his popularity in Central America's poorest country with a combination of pork-barrel populism and support for the free-market economy he once opposed.

Now, riding on a populist platform and World Bank praise for his economic strategies, he seeks a third term — his second consecutive one — after the Sandinista majority on the Supreme Court overruled the term limits set by the Nicaraguan constitution.

THE ASSOCIATED PRESS

RODRIGO ARANGUA/GETTY IMAGES

▶ Daniel Ortega

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IN CONVERSATION

Robbie Robertson
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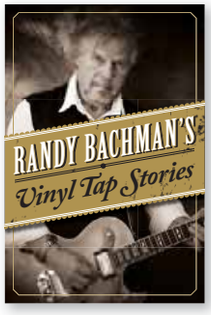
Randy Bachman
Saturday, November 19th, 2pm
Indigo Manulife Centre

Meet **Randy Bachman** - legendary guitarist, songwriter, performer and producer of *The Guess Who* and *Bachman-Turner Overdrive* – as he signs the memoir of his extraordinary career, *Randy Bachman's Vinyl Tap Stories.*



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Occupy party over for mayor

- Vancouver mayor has instructed city officials to look at closing the site safely and peacefully
- Woman's death points to camp safety risk

The death of a woman at the Occupy Vancouver camp means the site has become so unsafe that it must be shut down as soon as possible, says Vancouver's mayor.

The 20-year-old woman was found unresponsive in a tent at the site in front of the Vancouver Art Gallery on Saturday afternoon, two days after a man suffered a non-fatal overdose at the encampment.

"There is a serious problem here and we want to address it urgently," said Mayor Gregor Robertson. The woman's death is tragic and is also upsetting for him because he has a 20-year-old daughter, he said.

Occupy Vancouver supporters tried to drown him out as he spoke to reporters, with one woman shouting that at least his daughter has a home.

DARRYL DYCK/THE CANADIAN PRESS

▶ Police officers and city officials stand at an entrance to the Occupy Vancouver site last Saturday. A woman at the protest camp died Saturday afternoon.

"I think the protest on the really important issues that many of us are passionate about is being undermined by a tent camp and the issues around the right to camp on public space, which is really unfortunate," Robertson said. THE CANADIAN PRESS

Occupy issues

Robertson said the city is looking at a number of options that includes a possible injunction to end the encampment.

- **The fire department** has ordered campers to take safety precautions such as spacing tents further apart, but their words have been ignored.
- **Vancouver police won't** release the woman's cause of death or her identity as they try to contact her family.
- **But, several people at the** protest site said she died of a drug overdose and heckled the mayor over public funding.
- **The Occupy Vancouver site** has become a major issue in the lead up to this month's civic election as Robertson vies to keep his job.

Ottawa protester claims he was scammed at camp

A vulnerable young man who says he was conned into putting a $600 charge on his credit card will likely get his money back after he spoke up about the fraud this weekend.

Kader Diabate, a 19-year-old Occupy Ottawa protester, said a man who was also staying at Occupy camp offered to get him a free phone and took him to the Telus store at the Rideau Centre last Saturday.

"But actually the phone wasn't free," he said. Diabate used his credit card, but the phone wasn't set up in his name and when the fraudster returned to the camp he kept the phone.

The man promised to pay Diabate back but left the camp a couple of days later without paying and now is nowhere to be found.

Diabate filed a police report and spoke with a Telus representative on Saturday. JESSICA SMITH

Halifax occupiers hold ground

Nova Scotia protesters remained in Grand Parade yesterday, even though Mayor Peter Kelly had asked they be out of the area by Saturday night for the upcoming Remembrance Day and Dignity Day ceremonies.

"We're making a political statement by staying longer than the 6th," said John Thibeau, a spokesperson for Occupy Nova Scotia.

The occupiers say they will completely vacate in time for the ceremonies on Wednesday. METRO

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THERON KIRKMAN/GETTY IMAGES

▶ Nigeria's President Goodluck Jonathan.

Bomb threat in Nigeria

U.S. embassy warns of attack as Muslims celebrate Eid al-Adha holiday

After a weekend of violence and fear, U.S. embassy officials warned yesterday that luxury hotels frequented by foreigners and Nigeria's elite may be bombed by a radical Muslim sect as the death toll from attacks in the country's northeast rose to more than 100.

The warning shows how seriously diplomats take the threat posed by the outlawed Islamist group known locally as Boko Haram, which previously bombed the United Nations headquarters in the capital, Abuja, killing 24.

The unusually specific warning said possible targets in Abuja are the Hilton, Nicon Luxury and Sheraton hotels.

"As a nation, we have our own challenges," President Goodluck Jonathan said in a speech televised nationally as Nigerian officials continued to downplay the threat.

THE ASSOCIATED PRESS

Oklahoma residents still shaking from quake

Clouds of dust belched from corners of nearly every room in Joe Reneau's house as the biggest earthquake in history of the U.S. state of Oklahoma rocked the two-storey building.

A roar that sounded like a jumbo jet filled the air, and Reneau's red-brick chimney collapsed and fell into the roof above the living room on Saturday.

"It was like WHAM!" said Reneau, 75, gesturing with swipes of his arms. "I thought in my mind the house would stand, but then again, maybe not."

The magnitude 5.6 earthquake and its aftershocks still had residents rattled yesterday. No injuries were reported, and aside from a buckled highway and the collapse of a tower on a university administration building, neither was any major damage. But the weekend earthquakes were among the strongest yet in a state that has seen a dramatic, unexplained increase in seismic activity.

The earthquake, centred 70 kilometres northeast of Oklahoma City, could be felt throughout the state and surrounding states. THE ASSOCIATED PRESS

Spike

- Oklahoma typically had about 50 earthquakes a year until 2009.
- Then the number spiked, and 1,047 quakes shook the state last year, prompting researchers to install seismographs in the area.

News in brief

11 tourists die in bus crash

EGYPT. Eleven Hungarian tourists were killed yesterday when a speeding tour bus overturned at a Red Sea resort town in southeastern Egypt, police and medical officials said.
THE ASSOCIATED PRESS

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Police swarm Occupy Atlanta site

People leaving park arrested for disobeying order to stay on sidewalk

Police arrested 20 people after an Occupy Atlanta protest rally in a city park spilled onto the streets and officers converged on them on motorcycles, on horseback and in riot gear.

A crowd of several hundred protesters had gathered at Woodruff Park, the scene of about 50 arrests of demonstrators last month, and set up tents. Organizers had said they planned to stay overnight despite warnings from the mayor and police that anyone there past the 11 p.m. closing would be arrested.

But as 11 p.m. approached, protesters began decamping peacefully. Dozens of officers were on hand, herding protesters away from the park's entrances and installing barricades around it. A police helicopter flew overhead.

Order revoked

- Protesters began camping out in Woodruff Park on Oct. 7. Mayor Kasim Reed initially issued an executive order allowing them to stay overnight, but later revoked it after he said there were increasing security concerns.

While most protesters left the park, a few people stayed behind. And as demonstrators poured onto the street, a police officer on a motorcycle drove into the crowd, sparking a confrontation between officers and protesters that turned tense at times.

Officers in riot gear and on horseback filled the street, warning protesters to stay on the sidewalk.

THE ASSOCIATED PRESS

DAVID GOLDMAN/THE ASSOCIATED PRESS

▶ Police make an arrest after Occupy Atlanta protesters and an officer clashed as he was driving through the crowd on a motorcycle Saturday in Atlanta. Police arrested several Occupy Atlanta protesters late Saturday after a rally in a city park spilled into the streets and officers converged on the nearby area on motorcycles, horseback and in riot gear.

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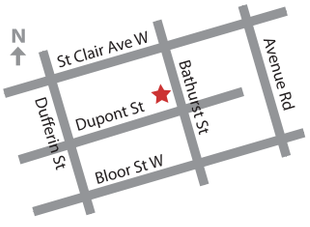
There is no public parking available on the site.



Sex scandal rocks U.S. college football

Grand jury says eight boys were targets of sexual advances or assaults by a former Penn State coach

PENNSYLVANIA OFFICE OF ATTORNEY GENERAL/AP

▶ Gary Schultz

An explosive sex-abuse scandal and allegations of a coverup rocked Happy Valley after former Penn State defensive co-ordinator Jerry Sandusky, once considered Joe Paterno's heir apparent, was charged with sexually assaulting eight boys over 15 years.

Sandusky, 67, retired in 1999 but continued to use the school's facilities for his work with The Second Mile, a foundation he established to help at-risk kids, where authorities say he encountered the boys.

On Saturday perjury charges were announced against Tim Curley, 57, Penn State's athletic director, and Gary Schultz, 62, vice-president for finance and business. They were also accused of failing to alert police of their investigation of the allegations.

Paterno, who recently became the coach with the most wins in Division I football history, wasn't charged.

One accuser, now 27, testified that Sandusky initiated contact with a "soap battle" in the shower that led to multiple instances of involuntary sexual intercourse, a grand jury said.

The first case to come to light was a boy who met Sandusky when he was 11 or 12, the grand jury said. The boy received expensive gifts and trips to sports events and physical contact began during his overnight stays at Sandusky's home, jurors said.

Another child, known only as a boy about 11 to 13, was seen by a janitor pinned against a wall while Sandusky performed oral sex on him in fall 2000, the grand jury said.

And in 2002, a graduate assistant said he saw Sandusky sexually assault a naked boy, estimated to be about 10 years old, in a team locker-room shower.

THE ASSOCIATED PRESS

GENE J. PUSKAR/THE ASSOCIATED PRESS

▶ Penn State athletic director Tim Curley, left, and head football coach Joe Paterno. Curley has been charged with perjury over allegations former football defensive co-ordinator Jerry Sandusky sexually abused eight young men.

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Pipeline. Protest

▶ Children join demonstrators in front of the White House in Washington, D.C., yesterday to protest the proposed Keystone XL pipeline.

KAREN BLEIER/GETTY IMAGES

White House group hug

More than 8,000 demonstrators, including actor Mark Ruffalo and Nobel laureate Jody Williams, joined hands in a circle around the White House yesterday, trying to convince U.S. President Barack Obama to thwart TransCanada's proposed Keystone XL pipeline. Obama, however, was golfing in Virginia.

Activist investors press for change

Experts say activism rising as shareholders see stock values continue to take a hit after 2008 market collapse

They may not be waving placards or chanting in the streets, but disgruntled shareholders are increasingly flexing their muscles when it comes to underperforming corporations.

Experts say shareholder activism is on the rise as investors, still reeling from the 2008 market collapse, see stock values continue to take a hit and seize the opportunity for change.

In this climate, more large shareholders — mainly institutional investors and hedge funds — are demanding aggressive action by companies they view as underperforming.

Depressed share prices allow investors like hedge funds to scoop up and turn around undervalued companies, while they also compel long-term institutional investors to press for better returns.

The more adversarial nature of investor-management relations in the U.S. has been making its way north as investors start to recognize that they may have more influence in Canada.

Among other things, investors have the power to convene shareholder meetings and to put forward shareholder proposals to pressure management into change.

Canadian shareholders have also become more confrontational and are increasingly using the courts against management.

THE CANADIAN PRESS

In their sights

- **In recent days,** activist investors have taken aim at Canada's No. 2 railway, Canadian Pacific Railway, the country's biggest grain handler Viterra Inc., and one of Western Canada's highest-profile resort owners Victoria-based Aviawest Resorts.
- **In the past year,** shareholders have gone after some of Canada's highest profile companies, including Research in Motion, Magna International and Maple Leaf Foods.

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 60.11 (12,408.25)	- 0.84¢ (98.36¢ US)
Oil	**Natural gas**
+ 19¢ US ($94.26 US)	$3.783 (+ 0.5¢)
	Gold
	$1,756.10 (- $9.00)

Qantas offers free flights

Qantas Airways is giving free flights to people stranded when it grounded its fleet last weekend due to labour strife.

The airline said Australians can fly domestically or to New Zealand. Offers for overseas customers will be announced later.

THE ASSOCIATED PRESS

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MARC FORTIN/SUBMITTED

▶ The Harvest Grill manager Bruce Macklin takes an order on an iPad using TouchBistro.

ARE YOU READY TO ORDER USING AN IPAD?

URBAN COMPASS

LIA GRAINGER
METRO TORONTO

Restaurant servers have it tough. They're expected to dash from table to table, take orders and punch them in, and then run food to the right customer, all while maintaining a pleasant demeanor in the hopes of placating hungry clientele impatient for their meal to arrive.

Software developer Alex Barrotti thinks he can put an end to server stress, and he's using an unlikely tool: the iPad. Barrotti has created an app called TouchBistro Pro Edition that allows servers to tap orders onto an iPad and then wirelessly transmit them directly to the kitchen while remaining tableside.

"The main goal is to increase the speed of service," says the Torontonian of his invention, which is either strapped to the wrist or tucked into an apron pocket. The new system is debuting this week at The Harvest Grill restaurant inside the Royal Agricultural Winter Fair, on until Sunday at Exhibition Place.

"I can be standing here still talking to you, meanwhile your salad is being made."
HARVEST GRILL MANAGER BRUCE MACKLIN

"I can be standing here still talking to you, meanwhile your salad is being made," says Harvest Grill manager Bruce Macklin, who describes the app as "pretty slick."

When customers at the swanky restaurant want something, the server simply taps the menu items on the screen and hits send. The order is immediately sent directly to the kitchen, leaving the server free to continue chatting or go wait on other tables.

Can't decide if you want the fish or the rib-eye steak? Servers can pull up full screen photos of all the dishes, so diners never have to ponder what a meal will look like when it actually appears.

And the servers seem to like it, though it takes some getting used to. "There's definitely a learning curve," says Harvest Grill server Leslie Lindsay, who doesn't use a cellphone and is used to the pen and paper method.

Barrotti acknowledges it's a new concept, but one he claims is already catching on. He says TouchBistro's original app, which is used to place orders on stationary iPads, has already been downloaded more than 3,000 times in countries around the world and is used in about 30 restaurants just in Toronto. "It won't be long," he says, "before servers toting iPads are everywhere."

Make a PACT to immerse troubled youth in arts

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Making a PACT with monsters, manicures and martinis? Last month's fifth annual Halloween fright-house tradition, the Powerhouse of Terror, was as popular as ever.

The creation of entertainer/philanthropist Lorne Andrews allows paying visitors through a maze of monsters at Humber College's Power House Rec Centre. This year's proceeds go to PACT Urban Peace Program, which immerses troubled youth into the world of theatrical production. "We try to reach deep into the community and help hundreds of youth find purpose through contribution," said Andrews.

Want to help PACT but missed it? There's a (much less frightening) event next week that highlights another worthwhile program, PACTFashion. An evening of fashion — featuring jewelery and clothing designs by at-risk youth — and spa giveaways, takes place at Pravda Vodka Bar Nov. 15.

CRAIG AND MARC KIELBURGER

Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Tweets

- **@deadmau5:** Tonight, we made history. Thank you Toronto, proud to call you home
- **@invisiblefamily:** @deadmau5 Thanks for the brilliant show last night. Keep hiring your visual team, it rocked! I burnt tons of calories too.
- **@Kayladorable:** @deadmau5 YES we have to do it again someone!! You were amazing in toronto!!! ♥ Best Event EVER
- **@kesrockkenn:** @RickHansenFdn Welcome to the sunnyside of #Toronto Rick Hansen Relay crew.
- **@urbane_wildlife:** Saw a #squirrel fight off three #pigeons ninja-style over some pizza crust on the road. Props to the squirrel! #Toronto
- **@DeepakBassi:** NFL should not come to #Toronto, unless the "full" tailgating experience is allowed. I mean the "chaos" version, not a closed parking lot...
- **@AndrewTesi:** I had to stop everything I was doing. @Drake is taking over Flow 93.5. #tdot #takecare
- **@OVOGreezyXO:** @Drake ...they know they know they know.... Money over everything, money over mind mind mind #tdotswag

photo of the day

metro PHOTO CHALLENGE

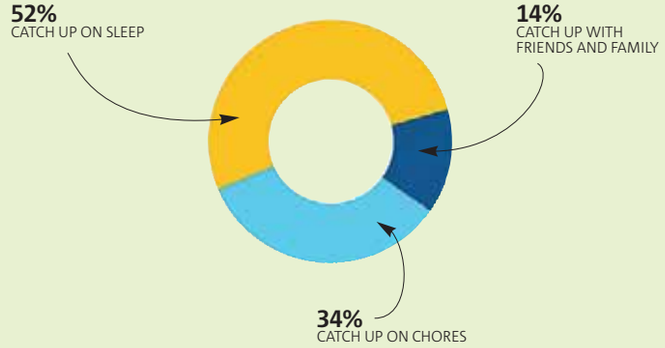
▶ This photo titled Autumn Wait at the Banff Train Station, was submitted to the Imagination category by stcarson.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What would you do with an extra hour every week?



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Love on the rocks

Move over Kim Kardashian. Musical uncouplings are taking centre stage, with a number of breakups announced over the last month Singing about love doesn't mean you're good at it

PAT HEALY
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METRO WORLD NEWS IN BOSTON

KEVIN WINTER/GETTY IMAGES

Actress and She & Him singer Zooey Deschanel and Death Cab for Cutie singer Ben Gibbard announced their separation last week after two years of marriage.

While Kim Kardashian runs unchallenged for most important divorce in the universe, elsewhere in the entertainment industry there have been a few other quiet uncouplings that are no less newsworthy.

In mid-October, Sonic Youth figureheads Thurston Moore and Kim Gordon announced that they're separating after 27 years of marriage. Last week, actress and She & Him singer Zooey Deschanel and Death Cab for Cutie singer Ben Gibbard announced their separation after two years of marriage.

For some reason, musical romances seem to be more legitimate than Hollywood marriages. Perhaps because the resumé bullet points of a songwriter include exploring the essence of love and giving hope to the masses. And when those people find love in their own personal lives, it makes everyone happy.

But musical couplings seem rife with hazards and a history of rock relationships being, well, rocky.

Within the pop pairings there are more Bobby Brown and Whitney Houston examples than there are successful ones like Arcade Fire's Win Butler and Regine Chassagne.

If both partners are leaders in their bands, they obviously have strong personalities. And if they're in the same band, that's even more challenging.

Glen Hansard and Marketa Irglova made a lovely musical couple in the movie Once, and in their band, the Swell Season, the pair made a convincing case for the existence of true love. But when we spoke with Hansard a few years ago, he said the romance route was not productive for their art: "We kind of tried it out, and decided it wasn't for us."

Blake Hazard and John Dragonetti continue to shine as a beacon of wedded hope. In their band, the Submarines, they lyrically lay out their quarrels.

"Without getting into it too much, it's been up and down," said Dragonetti when we spoke to him this past spring. "We're trying to figure it out. It gives us stuff to write about."

Hazard chimed in, "I don't think there's quite a way for writing about things without pulling any punches."

Bethany Cosentino of Best Coast, who dates Wavves singer and guitarist Nathan Williams, told Metro last year that the hardest part of dating another musician in the spotlight is the public's perception.

"It's not like we were like, 'Oh hey, we both play music, let's start dating,'" she said. "We've known each other for five or six years."

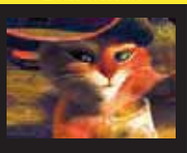
'Rock Wit U'

Other musical couplings still going strong:

- Alicia Keys and Swizz Beatz
- Ryan Adams and Mandy Moore
- Jason Hammel and Kori Gardner of Mates of State
- Ira Kaplan and Georgia Hubley of Yo La Tengo
- Bruce Springsteen and Patti Scialfa
- Elvis Costello and Diana Krall

2 scene

Box office



Puss in Boots pounced on Tower Heist and Harold & Kumar at the box office. The film earned $33 million in its second weekend, according to studio estimates Sunday. Tower Heist starring Ben Stiller and Eddie Murphy palmed $25.1 million in the No. 2 spot, while the R-rated sequel A Very Harold & Kumar 3D unwrapped $13 million at No. 3.

THE ASSOCIATED PRESS

Marvel bringing most of its titles to digital the same day they go on sale in shops in 2012.

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Photo by: Matt Hoyle

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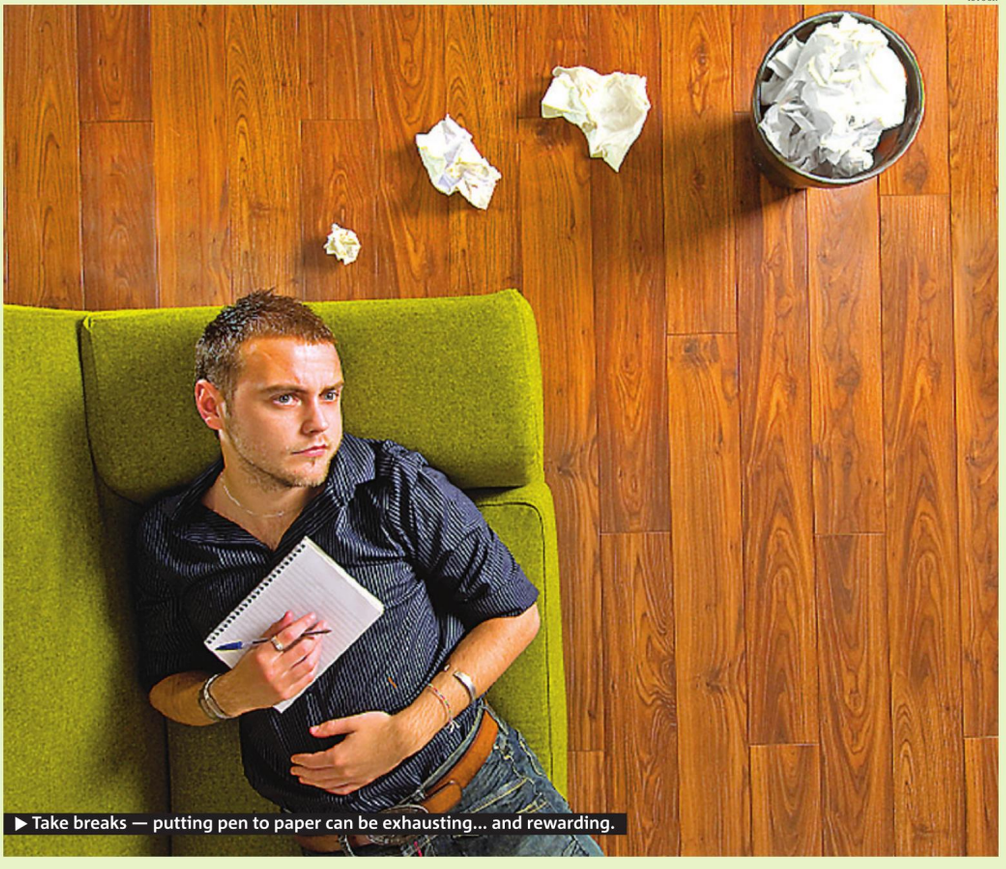

▶ Take breaks — putting pen to paper can be exhausting... and rewarding.

Have a novel November

How's this for a novel concept? Write a novel in a month, starting today. That's exactly what a quarter of a million people will do as part of National Novel Writing Month.

NaNoWriMo began with 21 writers in the summer of 1999, and each year, the participants grew exponentially, from 5,000 in 2001 to the 250,000 reportedly registered on nanowrimo.org for this year.

Headquartered in San Francisco, NaNoWriMo is all about "quantity not quality." In other words, they want you to write without thinking. At the end, you'll have 170 pages of material you can edit.

It's also a chance for those who have always wanted to write but constantly put it off, to be motivated by the looming Nov. 30 midnight deadline.

Since the first month in 1999, more than 140,000 novels have been written, with more than 100 of those getting published.

Sara Gruen wrote the No. 1 New York Times bestseller Water For Elephants as a NaNoWriMo novel.

So without the NaNoWriMo site, the world might have never seen Robert Pattinson paired with Reese Witherspoon in the major motion picture adaptation.

Though donations are encouraged, there is no fee to participate in the project, and in December, visitors to the site can read the work of writers who met the minimum 50,000 word count.

Now let's get you started.

Week 1:
Write at least 1,700 words or more a day to get off on the right, inspired foot.

Concentrate on writing without thinking and get out of the habit of going over every sentence.

Wake up early and write, as opposed to waiting until nighttime.

Develop definite characters with solid backgrounds.

Week 2:
By the beginning of Week 2, you should have already figured out the conflict and have begun to lead the characters to it.

NaNoWriMo suggests 22,000 words by the weekend, but you'll aim for 25,000.

Start to think about the future of the story: Where will these characters go and how should it affect their actions in this point of the novel?

Week 3:
A conflict should be developed and actions should be leading up to this point

Try to stay positive: It's half over, and your sleep pattern will be normal again soon!

Main goal: Write as much as you can as the last week (and the holiday season) approaches.

Week 4:
One week left means your characters will most likely be at or going through the climax of the novel.

The next question on your mind will be: How will this end? Your (hopefully tiny) bit of procrastination will probably show through at the end of this week, so you'll aim for 2,000- to 5,000- word days

Hit 50,000 words and submit your novel to the website by midnight on Nov. 30. Get a book deal, Fame ensues!

The writer's process

It is possible to write a novel in one month.

- **The question** you should be asking is, is it possible for you to do it? You have an idea in your head of some of the characters, but other than that, you have absolutely no idea where this story will go.
- **However,** the idea of writing without a plan excites you. If you don't have an outline of a story, you should at least have an outline of the next four weeks.

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Sorbo breaks his silence

Hercules actor details physical struggles in new book True Strength

MEREDITH ENGEL
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

As the title star of Hercules in the 1990s, Kevin Sorbo was known for his strength and vitality. But off-camera, he hid a deep secret: His abilities had been severely limited since falling victim to an aneurism and multiple strokes — in one day — in 1997. Now, 14 years after the illness that nearly killed him, he is breaking his silence in a new book, True Strength.

"I'm one of those guys — even in college, you have paper due at the end of the semester and I wait for the last week. It had just gotten to a point where I said, 'You know what? I just have to do this,'" Sorbo says of his decision to write the book now.

Coming clean about his strokes was "strange," Sorbo says, because the Hercules studio had tried to keep them under wraps for years. Stunt doubles were hired and scenes were rewritten around the star. Sorbo says he was "immediately grateful" for the smoke and mirrors.

"They let out the aneurysm," he says.

"It was all over the news, so people knew that I was sick. But the studio still had two years left in my contract and they wanted to go another three years beyond that because it was the most watched show in the world. I didn't want anyone to know that this guy who was larger than life, playing this big superhero guy — I thought that I was Hercules in a way and then I would suddenly go to 90-years-old overnight.

"I learned that everybody has a story; we all have pains in our lives. We feel like we are alone but we are not alone, because we have all these similarities and all these stories."
KEVIN SORBO

"It was tough for my ego. I thought that my life was over and that I would be in a wheelchair for the rest of my life. So I'm really grateful to the studio for working around me to get through an episode without me."

And yet, despite the debilitation, Sorbo made Herculean efforts to get back on his feet.

"I'm a very strong-willed person and I have a very driven personality," he says.

"When they told me that this was what I had to do to get better, I would do 10 times more than that. I pushed myself. I would throw myself into the situation and tell myself, 'Hey, no pain, no gain.' I looked at this as a gift and decided to accept it.

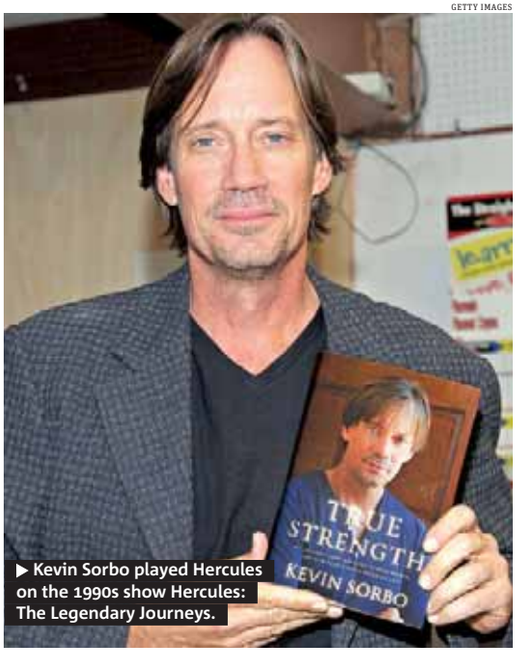
"Initially, it made me mad, but after a while, I got it. It changed my life completely. I became a much more patient person. I became a far more compassionate person and that's why I wrote the book."

These days, the actor says he's feeling good, despite frequent migraines and some dizziness when he overdoes his workouts.

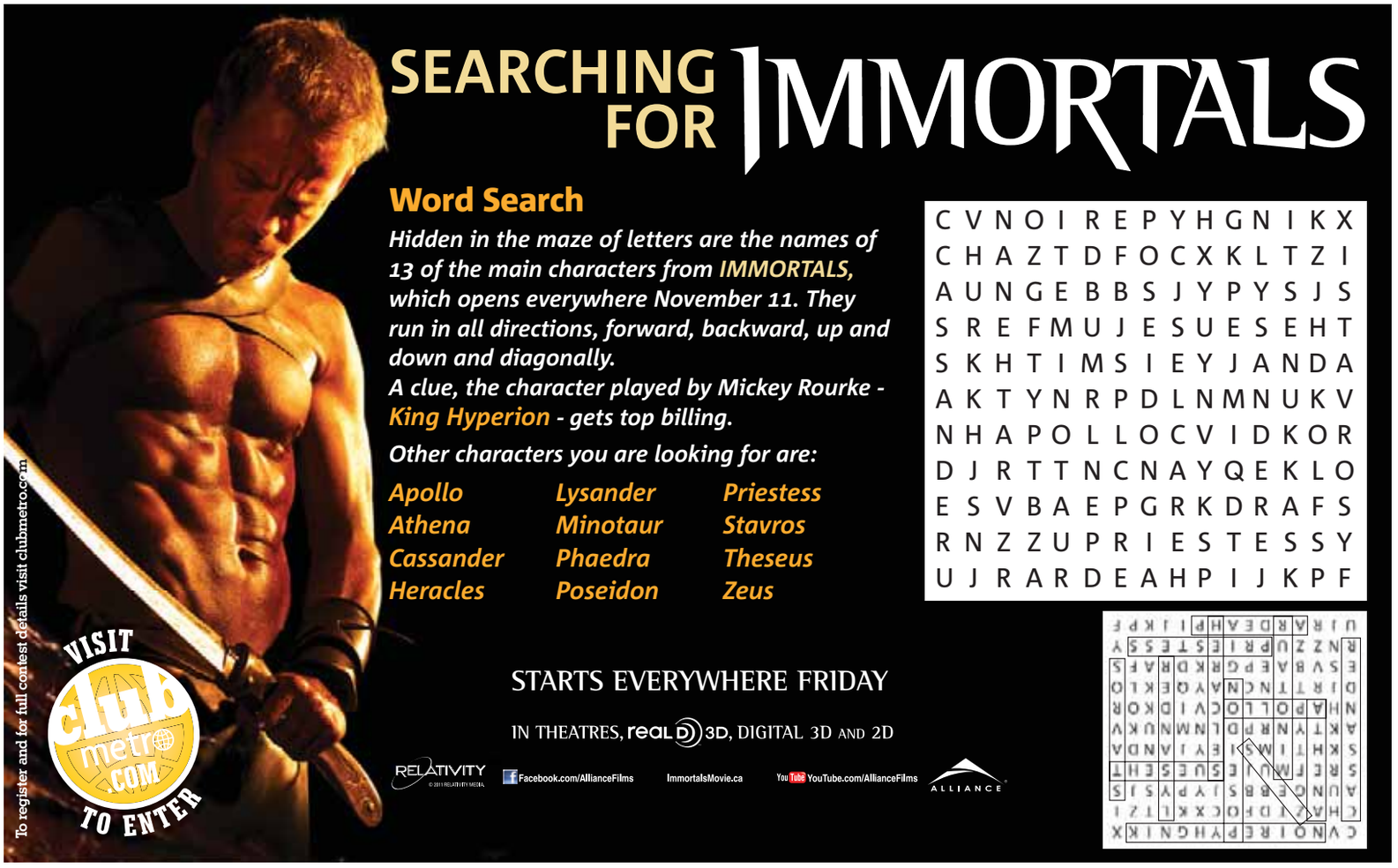
He acknowledges his gut as a means to let him know he's reached his limit. It's a resource, he claims, we all need to learn how to tap into.

"You know when something is wrong," he says. "Guys, we just have this stupid ego. Guys are so insecure about our manhood — we do not want to admit weakness to anybody. But you know what? The reality is, you really just got to listen to that voice. Look past your ego and take care of yourself."

GETTY IMAGES



▶ Kevin Sorbo played Hercules on the 1990s show Hercules: The Legendary Journeys.


SEARCHING FOR IMMORTALS
Word Search
Hidden in the maze of letters are the names of 13 of the main characters from IMMORTALS, which opens everywhere November 11. They run in all directions, forward, backward, up and down and diagonally.
A clue, the character played by Mickey Rourke - King Hyperion - gets top billing.
Other characters you are looking for are:
Apollo
Athena
Cassander
Heracles
Lysander
Minotaur
Phaedra
Poseidon
Priestess
Stavros
Theseus
Zeus
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C H A Z T D F O C X K L T Z I
A U N G E B B S J Y P Y S J S
S R E F M U J E S U E S E H T
S K H T I M S I E Y J A N D A
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N H A P O L L O C V I D K O R
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5 things
to know about 007's Skyfall

There was a time last year when the future of the James Bond franchise was in more danger than 007 himself: The studio behind the movies, MGM, teetered on bankruptcy, leaving the series in limbo. But Bond 23 — now officially called Skyfall — is a go. "We start shooting today," announced Daniel Craig from a press conference in London on Thursday. Among the top five facts confirmed:

1. The title!
Although previous titles have referenced creator Ian Fleming's works, Skyfall is apparently brand new, with no connection. Perhaps it's meant to evoke the Transformer with the same name. 007 versus the Decepticons? No:

"It has emotional context, which will be revealed in the film," said producer Barbara Broccoli.

The official 007 Twitter feed revealed more a few hours later: "Bonds loyalty to M is tested as her past comes back to haunt her," it said, regarding the role that will be reprised by Dame Judi Dench.

2. Villain Javier Bardem is a softie in real life.
"One of the most beautiful memories I had as a kid was going to see all these movies," said the badass from No Country For Old Men at the press conference Thursday. His character's signature quirky feature (all Bond villains have one) will remain a secret (bad haircut?).

3. Naomie Harris, star of Pirates of the Caribbean: Dead Man's Chest, will star as field agent Eve.
Is she good or evil? The Bond Girl is not telling. "I'm still pinching myself. Raring to go. I spent two months training for the part."

JOEL RYAN/THE ASSOCIATED PRESS

▶ Actors Berenice Marlohe, left, Daniel Craig, and Naomie Harris star in Skyfall.

4. Sam Mendes can handle this.
The director of American Beauty isn't known for his action movies. But he said he has a good second-unit director — Alexander Witt, who directed set pieces for Casino Royale and X-Men: First Class. He added: "The action needs to coexist with the drama."

5. And perhaps, most important: Will Craig and Bardem take off their shirts?
"Damn right," said Broccoli.

METRO

"One of the most beautiful memories I had as a kid was going to see all these movies"
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The Snooki empire keeps on growing

Metro catches up with Jersey Shore's leading guidette

CASSANDRA GARRISON
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

You know her as the gorilla-loving, boardwalk-dancing, fluffy boot-wearing meatball guidette on The Jersey Shore, but there is much more to Nicole "Snooki" Polizzi than hairspray and sequins.

The self-proclaimed "boss lady" is in the process of creating an empire, complete with Snooki-branded products and best-selling books.

Metro caught up with her at the launch of her newest venture — her very own fragrance (called, of course, Snooki).

What made you decide to launch your own fragrance?

I get a lot of opportunities to do a lot of things and I have always loved perfume since I was 13. I could never really find the right scent for me.

I would even try to mix Britney Spears with Juicy and just try to make the right scent but I could never find it.

And just the fact that I got to make my own perfume and have the scent that I wanted, and I think everyone else is going to enjoy it, it's great.

Is it Jionni-approved?

I definitely wanted Jionni to like it, because if he likes it, I know all the guys are going to like it.

So the fact that he loves it and he didn't even know it was mine, I knew I had it.

GETTY IMAGES

▶ Snooki now has her own fragrance. Its name? Snooki, of course.

Tell us about your new book Confessions of a Guidette.

It's different from my first, 'cause my first was a novel. This book is kind of like a how-to. A lot of people asked me where I get my fashion, or for tips on guys, tips on friends. So everything that people always ask me is in the book.

Anything you can tell us about season five of The Jersey Shore? What's the drama like?

I wouldn't say it's dramatic. Obviously, there is going to be drama, but it's a lot more fun. It's back to being fun and laughing with each other, because Italy was just very crazy with drama. I hardly had fun.

I was just homesick and wanted to be back. So the fact that we went straight to Jersey and filmed the next season, you're just going to see us so happy to be back at home.

How often do you hang out with your castmates when you guys aren't filming?

It's really hard because Pauly is DJing and everybody is doing their own thing. Jenni is promoting a lot of her stuff so it's really hard to see each other.

What's nice is when we do go to MTV together to promote the show or something, that's when we all see each other.

How are things between you and Mike, "The Situation"? Have you smoothed things out?

You're going to have to wait till the next season, but it's not a surprise that I don't like him.

You look amazing! What do you tell people when they ask you how you lost weight?

I stopped drinking. I hardly drink when we're not filming the show, so that helped a lot.

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THE WOMAN CAUSING THE BIEBER DRAMA

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

It looks like Mariah Yeater, the woman claiming to be Justin Bieber's baby mama, has a rap sheet.

ALL PHOTOS GETTY IMAGES

▶ Mariah Yeater

Here is a booking photo, taken last year on Dec. 21, in Las Vegas, when she was arrested for battery domestic violence, injury/destroying property and threatening telephone calls.

The reason for the hubbub? Apparently Yeater showed up at an old boyfriend's home, claiming she was pregnant by him (it is assumed it is the same baby that she later claimed Bieber fathered).

A fight broke out, Yeater assaulted the guy, and she was arrested, according to TMZ.com. Of course, this doesn't mean Yeater isn't telling the truth about Bieber but it certainly puts a dent in her credibility.

There is no word on when the paternity test is scheduled for but maybe instead of blood work, they should just see if that baby can dance like Usher? That should settle things.

FOLLOW DOROTHY ROBINSON ON TWITTER @DOROTHYATMETRO

Speaking of baby mamas...

Though she denied her pregnancy as long as she could, Jessica Simpson is more than happy to talk about it now.

She tells Us Weekly that she and fiancé Eric Johnson are "both thrilled" about the impending arrival.

"We can't wait to meet our baby," Simpson says.

A source adds that the singer is "very, very excited about the pregnancy. Family is really the most important to her." METRO

Did baby mama claims drive Biebs and Gomez apart?

- Justin's camp on damage control
- Selena's rep denies the breakup

Selena Gomez has reportedly split from Justin Bieber over allegations that he fathered a child with a 20-year-old fan, according to Radar Online.

"Selena ended it abruptly," a source says.

"His camp is in damage control mode and attempting to convince her to stick around in the relationship for a few more weeks because they fear it will be seen as an admission that something indeed took place between Justin and the woman who is alleging that he's the father of her baby."

"Selena ended it abruptly."
-SOURCE

Coincidentally, a rep for Gomez was quick to follow up, telling Us Weekly that the breakup rumours are completely untrue. METRO

ALL PHOTOS GETTY IMAGES

▶ Back in happier times: Justin Bieber and Selena Gomez

Clooney won't run for office, says dad

George Clooney won't be making a bid for the White House anytime soon, at least according to his dad.

"I don't know whether he will even run for president," Nick Clooney says in an interview with Ireland's RadioOne.

The elder Clooney thinks his own experiences running for office might have soured his son on the prospect.

"I know he closely followed my race for the U.S. House of Representatives in Kentucky, but he didn't like what he saw," Nick says. METRO

▶ George Clooney

Celebrity tweets

Today, Richard Lewis is feeling tense, Sarah Silverman has trouble with flying, Eva Longoria is distracted by the weather, and Conan O'Brien is arguing with strangers.

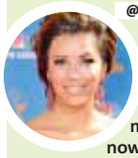
@TheRichardLewis

If time stands still why can't I relax

@SarahKSilverman

Dear planes: ur too heavy to float. I know there's a sciency answer but I'm still pretty sure we're gonna die

@EvaLongoria



I'm driving in LA and its hailing on my car right now! This is crazy! I'm actually not driving and texting, that would be bad. It hailing on the car I'm in!!

@ConanOBrien

Got in a fight about the Treaty of Versailles. I said the German fines were too punitive; the guy at Starbucks said buy something or leave.

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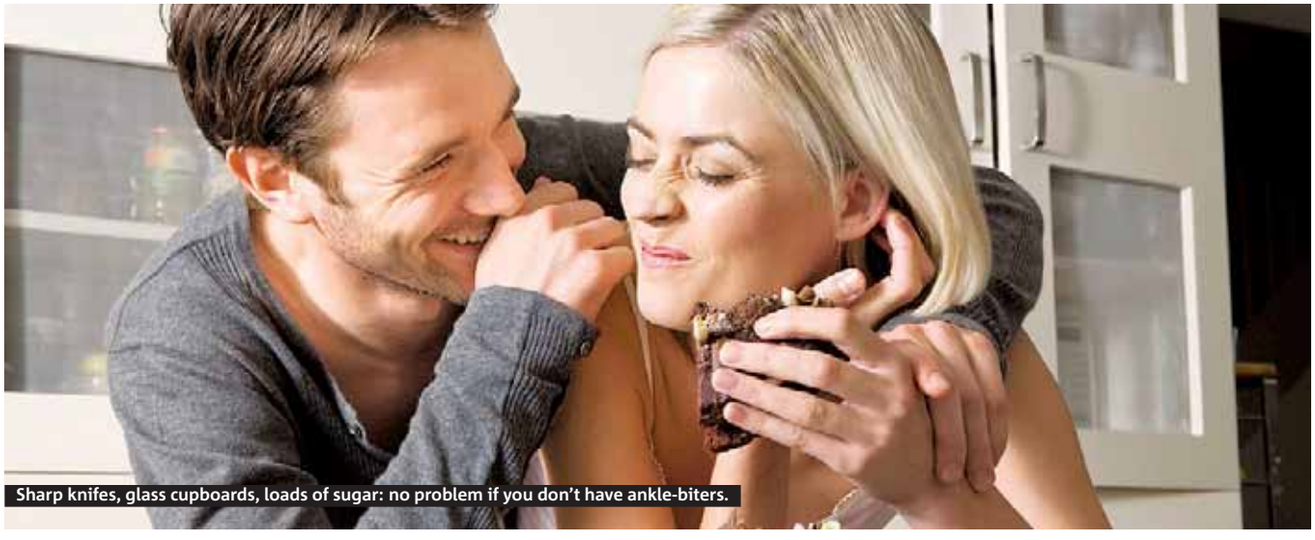
Child free & coming out: Not having kids is a choice

With the population at 7 billion, do we really need more kids in the world? Saying you don't want to have children is no longer taboo More people are choosing to stay child free

THINKSTOCK.COM



Sharp knifes, glass cupboards, loads of sugar: no problem if you don't have ankle-biters.

EMMA E. FORREST
LIFE@METRONEWS.CA
METRO WORLD NEW

As the global population hits seven billion, it's never been a better time to think about whether you really want to bring another person into the world.

Fortunately, in the 21st century, more and more people are seeing parenting as an option rather than an obligation.

"The percentage of women who reach the end of their childbearing years without kids in the U.S. is around 20 per cent now compared to 10 per cent in the 1970s," says Dr. Ellen Walker, author of Complete Without Kids.

She also cites declining birth rates in the West, as well as China and Japan as evidence.

"For me, at age 50, I'm still quite an outsider with my peers, but a woman in her 30s who has chosen to be child free will have more women her age who are in the same boat."

There are hundreds of reasons for not having kids, from the cost of raising a child, lack of support network to concerns about the ecological impact of adding to an overpopulated world.

The global recession is also a factor. "Many people are concerned about the current and future state of the world and deciding that this is not a place they want to bring children into," says Walker.

It's also a result of openness in society.

Choosing to be child free is not only becoming a more popular life choice, but unlike their predecessors, the new generation of DINKS — dual-income, no kids couples — don't feel awkward talking about it.

"People are talking openly about the decision and actually viewing it as a choice, rather than an essential life step," says Walker.

"I'm seeing that women in particular are realizing that we can't do it all, and that it's OK to choose either mothering or career and to walk away from the other."

Where parents see raising decent children as their legacy and purpose in life, DINKS channel their energies into projects, charity work, hobbies or volunteer work.

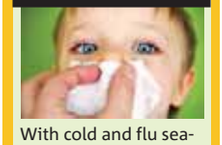
"I encourage child-free adults to take time to consider this legacy question carefully," says Walker.

"If you're not a parent (in a world in which this is still the norm), it's critical to find your own purpose.

"Otherwise, you will likely find yourself having regrets at some point about not having had kids."

3 life

Kids & colds



With cold and flu season starting, The Canadian Paediatric Society is issuing some frank guidance about how to treat kids' colds.

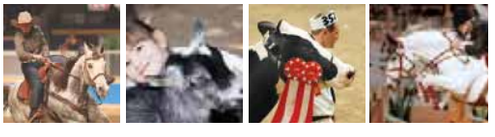
Its message: Cough and cold medications aren't advised for children younger than six, and other options like echinacea haven't been proven to prevent or mitigate colds in children.

In fact, it says, there's little that is truly useful except fluids, time and TLC.

THE CANADIAN PRESS

New app called ShoeBox allows you to use your iPhone as a photo scanner.

The Magic is Back. Experience the excitement of this year's Royal Winter Fair. Whether it's a Grand Prix Show Jumping Competition with Olympic Gold Medalist Eric Lamaze, a visit by the star of CBC's Heartland Amber Marshall, a 900-pound pumpkin, Horse Hockey with NHL great Darcy Tucker, or our Annual Celebrity Chef Competition featuring Food Network Canada star Lynn Crawford, there's something for everyone to discover.



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Dinner — on the run

It's one of those busy nights with hockey practice and a ballet recital, but you still want to serve something homemade Try this hearty, speedy soup

DINNER EXPRESS

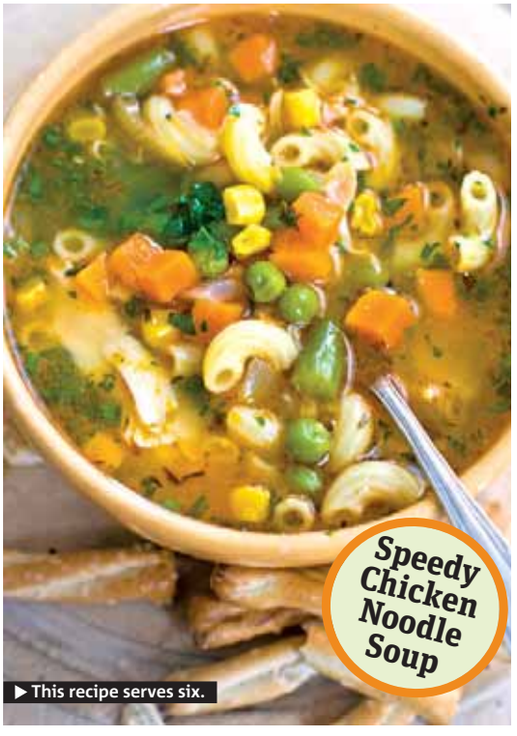
EMILY RICHARDS
FOOD@METRONEWS.CA

Needing a warm bowl of chicken soup and having the time you need to make it often don't coincide.

Which is why this quick chicken noodle soup is on the table in under 30 minutes. The trick is to use mostly prepped ingredients, such as rotisserie chicken, frozen peas, carrots and corn, and prepared broth. You can even buy the onion already diced if that helps.

This soup also can be partly prepped ahead in batches to make your weeknight soup needs even easier to handle.

Simply buy several rotisserie chickens and double or triple the veggies needed. Fill zip-close freezer bags with some of each ingredient, add your seasonings, then freeze. When you need a soup fix, just toss the frozen prepped soup in a saucepan with broth, bring to a simmer and add the pasta.



▶ This recipe serves six.

Ingredients:

- 1 kg (2-lb) rotisserie chicken
- 30 ml (2 tbsp) olive oil
- 1 onion, diced
- 1 clove garlic, minced
- 2 ml (1/2 tsp) ground cumin
- 2 ml (1/2 tsp) smoked paprika
- 5 ml (1 tsp) dried thyme leaves
- 500 g (1 lb) frozen mixed vegetables (such as peas, carrots and corn kernels)
- 2 L (8 cups) chicken broth
- 250 ml (1 cup) elbow pasta
- Salt and black pepper
- 125 ml (1/2 cup) chopped fresh parsley

Preparation:

1. Remove meat and skin from chicken; discard skin and bones. Use your fingers to pull any large pieces into bite-size chunks; set aside.
2. In a large saucepan over medium-high, heat oil and add onion, garlic, cumin, paprika and thyme; cook for about 5 minutes or until starting to brown. Add frozen vegetables and cook for 5 minutes. Add broth and bring to a simmer.
3. Add pasta and cook for 7 to 8 minutes. Add chicken and return to a simmer. Season with salt and pepper to taste. Stir in parsley to serve.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/
THE ASSOCIATED PRESS

Soup isn't your thing? Try this quick pasta using frozen Swedish meatballs and fall-inspired vegetables

Preparation:

1. In bowl, whisk ketchup, vinegar, soy sauce, sugar and cornstarch until smooth; set aside.
2. Cook pasta according to package directions, omitting salt; drain and toss with 5 ml (1 tsp) of the oil. Cover to keep warm.
3. In deep skillet, heat remaining oil over medium heat; stir-fry onion 1 to 2 mins. or until softened. Stir in garlic, ginger and meatballs; stir-fry until meatballs are slightly browned, 3 to 4 minutes.
4. Add broccoli and red pepper; stir-fry 3 mins. Add broth; cover, bring to a boil and cook for 3 mins. or until broccoli is crisp-tender.
5. Stir cornstarch mix. Push ingredients to side of pan and stir in starch mix, stirring constantly until thickens. Stir in cooked pasta and heat until hot.

THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients:

- 45 ml (3 tbsp) each ketchup and rice wine
- 30 ml (2 tbsp) each sodium-reduced soy sauce and granulated sugar
- 15 ml (1 tbsp) cornstarch
- 500 ml (2 cups) uncooked curly twisted vegetable pasta
- 30 ml (2 tbsp) vegetable oil
- 1 medium onion, thinly sliced
- 1 clove garlic, minced
- 7 ml (1 1/2 tsp) finely grated ginger root
- 250 g (8 oz) Swedish cooked meatballs (about 500 ml/2 cups)
- 500 ml (2 cups) broccoli florets
- 1 small sweet red pepper, thinly sliced
- 375 ml (1 1/2 cups) beef broth

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Growth from grassroots

Neighbourhood giveaways on Freecycle Network go global; nearly 9 million members Are you up for free?

OFFER. WANTED. TAKEN.

With those three words, Deron Beal of Tucson, Ariz., helped move the yard sale online, only with no money changing hands.

Beal is the founder of The Freecycle Network, or Freecycle.org.

It's a grassroots gifting network that — thanks to the sour economy and a growing commitment to the environment — has transformed into a global movement of millions offering, wanting and taking all manner of stuff.

Staffed by volunteer moderators and loosely overseen by Beal, Freecycle aims to let you share your old TVs, clothes, broken blenders, tire chains and moving boxes with people nearby, using email groups at Yahoo! and on the network's website.

There are nearly 5,000 Freecycle groups with about nine million members in more than 70 countries.

Not bad for a guy who was simply trying to keep perfectly good stuff out of landfills, or find homes for stuff charities don't take, in his own community.

Freecycle can be effortless for people who can leave their old magazines, kitchenware or larger items on a porch for pickup, but it can generate a lot of email and suck up more time in larger locales as giver and taker try to untangle their schedules and decide where and when to make an exchange.

There's no real navigation at Freecycle.

You sign up, wait in some cases to be approved by a moderator, and decide whether to take individual emails, daily digests of offerings or read the list online only.

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Find a group near you
GO
e.g. Tucson, Arizona
Welcome! The Freecycle Network™ is made up of 4,990 groups with 8,796,060 members around the world. It's a grassroots and entirely nonprofit movement of people who are giving (and getting) stuff for free in their own towns. It's all about reuse and keeping good stuff out of landfills. Each local group is moderated by local volunteers (them's good people). Membership is free. To sign up, find your community by entering it into the search box above or by clicking on 'Browse Groups' above the search box. Have fun!
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It can be touch and go if you want to go free.

Items Beds, garment bags, hangers, aquarium pumps, coffee makers, bicycles, toys, cribs, toasters, those paper wrappers for coins, air purifiers — the variety is endless. Some of it works, some of it doesn't.

Moving stuff While some people never get rid of their stuff, if you post an item today you'll usually have 10 responses within a minute on any given list, he said. Beal encourages people to wait a day before choosing a recipient to be fair to those who don't hover over email.

"We had this old beat-up pickup truck, and would load up the pickup and drive from one non-profit to the next to see who could use this stuff."

DARREN BEAL, FOUNDER OF THE FREECYCLE NETWORK

Beal got the idea for Freecycle while working as a recycling co-ordinator for a non-profit in Tucson.

The organization offered jobs to men in shelters to do concierge recycling by picking up things like old computers and office tables at shops, restaurants and other companies, then try to find homes for them at other non-profits.

"We had this old beat-up pickup truck, and would load up the pickup and drive from one non-profit to the next to see who could use this stuff. It was crazy, and taking way too much work to find new homes for perfectly good stuff," he said.

"So I set up an email group, where anybody interested could join and they could pick it up themselves."

Alexandria Tristram, 42, in Manhattan, had no luck with a box of old computer cables during her first attempt at freecycling, thinking "someone who tinkers with old computer parts will want it."

She ended up recycling them herself. Donna Goodhue, a moderator of the Freecycle group in St. Johnsbury, Vt., got involved in 2004 after seeing a TV news story about the network. At the time, there was a Vermont group near Burlington, but none in her area.

While browsing through the list of a nearby county about three years ago, Goodhue found a car that didn't run, at a time when she really needed one.

"My son drove over and got it. We boosted the battery and it started right up. It needed brakes and the sun roof leaked, so I would drive down the road with this umbrella open in my car when it rained. I didn't have a car at the time. It got me to work for eight months and it cost about $300 to fix the brakes."

THE ASSOCIATED PRESS

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TORONTO HYDRO

FINDING THE KEY TO RECYCLING

Our office just had the locks changed. Can we recycle our old keys? *Kim of Vancouver*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Why yes, you can!

Keys are considered scrap metal, but you cannot put them into your curb-side blue bins.

You need to find a metal recycler near you. To find a depot location, call the B.C. Recycling Hotline at 604-732-9253 or 1-800-667-4321 outside the Lower Mainland. Their phone lines are open Monday through Friday from 9 a.m. to 4 p.m. You can also email your inquiries to hotline@rcbc.bc.ca. They're outfitted with many hotline operators who would be happy to get back to you, and fast.

Since you'll be collecting and dropping off a bunch of office keys, make the trip worthwhile.

Extend your collection to the "extra" keys your co-workers are toting around.

Too many of us are weighed down by keys and we don't even recall what they're for.

Ask your co-workers to scour drawers and key-chain holders at home.

Once you find a metal recycler, it doesn't hurt to give them a call to confirm that they accept keys. One option I found is David's Trading and Supply Ltd. in Vancouver.

They accept stainless steel, brass, coppers, aluminum and more. Check out davistrading.com.

David Suzuki Foundation

ISTOCK PHOTOS

▶ It's easier than you think to find a place to recycle keys.

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From anywhere... to anyone

Nothing will get in his way

Restaurant owner Jason Graca was adamant from a young age that he would live a life without limitations

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

Jason Graca was five years old when he stared directly into his Dad's videocamera and announced, "I want to be an entrepreneur when I grow up."

Graca was born with cerebral palsy but he always looked beyond his wheelchair and was certain that a whole world of opportunity was waiting before him.

PROVIDED

▶ Jason Graca in his popular Portugese restaurant, Manito's Rotisserie.

Three long years of saving, sacrifice and putting some money into the bank and Jason began to visualize his future as an entrepreneur.

"I cut back on all the fun stuff," he says with a laugh.

After researching business opportunities, Jason bought an existing restaurant in London's Covent Garden Market.

Honouring his Portuguese roots, Graca gave it an ethnic twist and renamed it Manito's Rotisserie.

It quickly became a hit and now Graco is looking at franchising his business.

He has a message for anyone with an idea and the dream of being their own boss.

"Don't give up on your dreams because you've got extra obstacles. I think the key is perseverance and stubbornness to be honest.

"I live my life with no fear. Sometimes people think you shouldn't do it but I just go ahead and do it anyway."
JASON GRACA
OWNER OF MANITO'S ROTISSERIE

PROVIDED

▶ Jason Graca has got plenty to smile about.

I live my life with no fear. Sometimes people think you shouldn't do it but I just go ahead and do it anyway."

Jason's tips

Cooking up success

- Passion is the driving force behind entrepreneurship. It keeps a person going during long nights and hard times.
- Persevere. A business owner can't do everything right all the time. Learn from your mistakes and turn them into successes.
- Study your failures. I'm still learning new things every day.
- Have a great team around you. It's essential to have good people to talk to and bounce ideas around — good or bad.

Career Finder

Unleash Your Vision

Merchandising Execution Associates

Are you a self-motivated team player with an eye for the details? The Home Depot, one of Canada's top 100 employers, is currently hiring Merchandising Execution Associates (MEAs).

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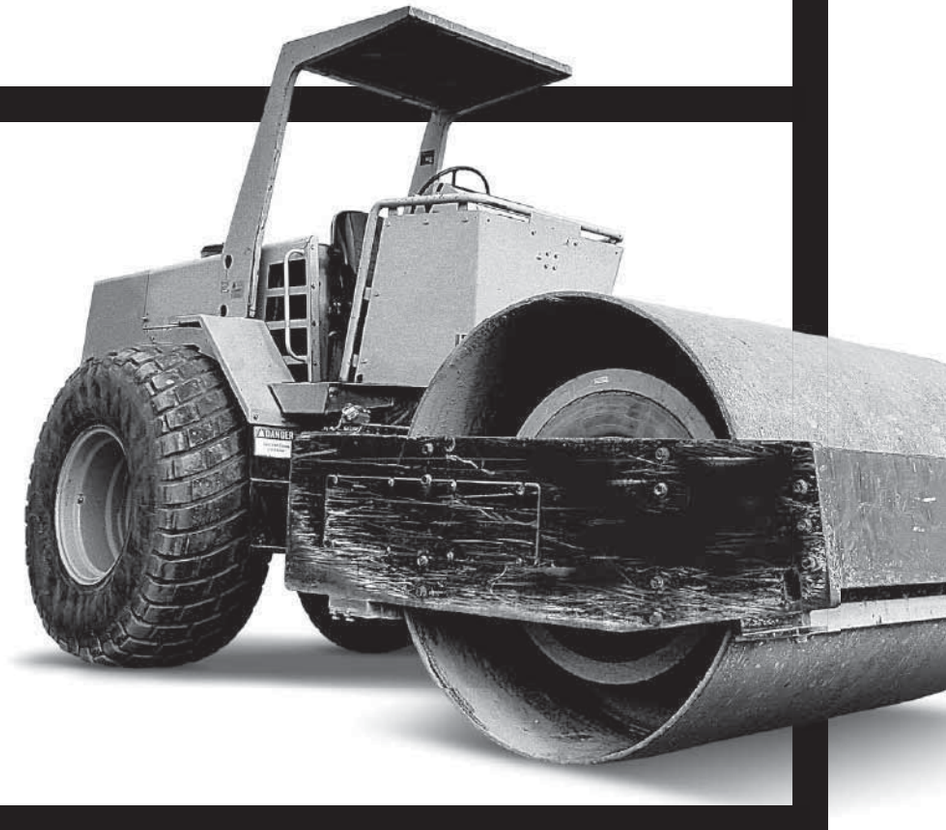

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Prime Minister Harper wants to get rid of the Canadian Wheat Board by this Christmas. Which is odd, considering he never consulted with a single wheat farmer. If he had, he would have discovered 62% of wheat farmers want to keep it.

Independent wheat farmers negotiating directly with giant American food conglomerates is a recipe for failed farms, lower prices for farmers and ultimately, foreign control of a Canadian industry.

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Log in, learn from the best

Technology connects Canada's top minds with remote classrooms David Suzuki pays students a virtual visit

Jacob Desender was brimming with curiosity as he approached the webcam to address a question to one of Canada's leading scientists.

The 12-year-old from a Manitoba farming community had always been intrigued by the cause of global warming and wondered how his classroom's virtual guest speaker would answer his query.

What he didn't expect was for David Suzuki to turn the question around and promptly ask, "What do you think?"

The real-time dialogue that ensued took place before about 6,000 students scattered in classrooms from Nova Scotia to Nunavut and left Desender in awe.

Scientists of Suzuki's international stature don't frequently stroll through his hometown of Marquette, Man., he said, adding modern technology allowed him to make the most of a learning opportunity unlike anything he'd experienced before.

"I think I got the honest truth, and I actually gained the answer from someone that high-profile and that trusted... It was actually quite awesome."
JACOB DESCENDER
12-YEAR-OLD STUDENT

The virtual encounter with Suzuki set him straight as to the cause of global warming, which he had long believed was simply a natural part of the planet's evolution and not a function of human activity.

"My family had been looking for an answer for so long, we just wanted to hear the truth," Desender said in a telephone interview. "I think I got the honest truth, and I actually gained the answer from someone that high-profile and that trusted. . . . It was actually quite awesome."

Suzuki's virtual visit was the brainchild of the National Film Board, whose videos and documentaries have long been a staple of the traditional classroom environment.

NFB MEDIATHEQUE/THE CANADIAN PRESS

▶ Students and teachers participate in David Suzuki Virtual Classroom at NFB Mediatheque in Toronto. The real-time dialogue demonstrates one way technology can bring sophisticated new education tools into some of the country's more remote communities.

Kristine Collins, manager of the board's national education program, said the idea emerged from a partnership with the David Suzuki Foundation, which was seeking a creative way to promote an autobiographical film of its founder's life entitled Force of Nature.

By leveraging the web-conferencing technology the foundation had at its disposal, Collins said the NFB saw a golden opportunity to bring Suzuki's life story and environmental message to thousands of Canadian middle and high school students.

Geographical scope was key to the project's success, Collins said, adding rural and northern communities are too often cut off from the sort of educational resources urban schools take for granted.

"The response from the remote communities has been most surprising for me," she said. "I didn't know they'd have the technical capacity for this sort of thing, but also the thirst for this sort of experience. They never get to do stuff like this."

About 200 schools paid $129.95 to gain access to the DVD, accompanying study materials and the webcast, Collins said, adding the price was at least a 10th of what it would cost to bring a speaker of Suzuki's reputation on board to address students in person.

Study of the film and discussion of the issues it raised finally culminated in interaction with Suzuki himself, which took place over two webcasts. More than 12,000 students tuned in to watch him field questions for an hour from locales that included Sheet Harbour, N.S., Sudbury, Ont., Provost, Alta., and Rankin Inlet, Nunavut.

THE CANADIAN PRESS

Small snags

While web technology offers promising opportunities to expand educational opportunities in more isolated communities, technical challenges remain.

- NFB National Education Program Manager Kristine Collins said poor technical infrastructure in remote areas would bar certain communities from taking part in virtual classrooms, a problem the board hopes to address as it considers initiatives to pursue in the future.

Could laptops facilitate lying?

Study suggests students less likely to cheat if their classroom situation includes personal interaction

There are no suspicious glances from the student at the next desk over, no looming walk-bys from the class professor. In an online course, it's just you and your computer. And, according to one recent study, that can open the door for cheating.

ISTOCK

▶ What would you get up to if your professor wasn't watching?

Frank M. LoSchiavo and Mark A. Shatz, both psychology professors at Ohio University's Zanesville campus, took an in-depth look at whether students are more likely to cheat in online courses. In the first part of the study, about 40 students who completed 14 online quizzes during the course of the class were surveyed. At the end of the course, 72.5 per cent of students reported cheating at some point by consulting their textbook, notes, friends, family or the Internet.

Another element of the study focused on students who were asked to sign an online honour code that made it clear that any form of cheating was a violation of university policy. Researchers found that still didn't make much of a difference when it came to cheating — 61.5 per cent of students who signed the code still admitted to cheating, while 50 per cent of students who did not sign the code said they cheated.

Would it make a difference if students had to physically sign an honour code rather than doing it online, or if part of the course occurred in a classroom? That could do it, researchers found. Students who signed the code the old-fashioned way were about 30 per cent less likely to cheat. Still, though, plenty of students did cheat — 57.6 per cent of those who signed the honour code and 81.8 per cent of those who did not sign it.

Across three studies, the majority of students readily took advantage of risk-free cheating during at least one of the 14 online quizzes. Perhaps even more distressing is that an honour code had no effect on self-reported cheating in the fully asynchronous online class.

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Does a.m. equal A plus?

If most of your classes are in the afternoon, consider a switch Early birding might just boost your grades

CASSANDRA GARRISON
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Wake up — it might improve your G.P.A. A recent study shows that students who drag themselves out of bed to get to an early class actually have better grades.

Two psychology professors at St. Lawrence University in New York surveyed about 253 students. Their research found that students with 8 a.m. classes tend to have more regular sleep patterns and stricter daily routines, which could account for their better grades. Those students also tended to have an earlier bedtime and avoided drinking into the late night hours.

ISTOCK

When it comes to school, time is not always on your side.

Pamela Thacher, the study's co-author, told The New York Times, "For every hour of class that you have later, you get about a .02 difference, so three hours of difference between class start times will result in a .06 difference in grades."

She cited an example of a student with early classes earning a 3.2 G.P.A. compared to a student with later classes earning a 3.0 average.

The findings reverse the assumption that later classes allow for students to be better-rested and more alert. Instead, it appears students who don't have to get to class until the afternoon tend to stay up later, consume more alcohol and have lower grades.

So, when you're scheduling your classes for next semester, will you be inclined to choose the earlier options?

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Super Bowl. Rematch

▶ Giants defender Michael Boley knocks the ball out of the hands of Patriots quarterback Tom Brady yesterday.

ELSA/GETTY IMAGES

Echoes of 2008 as Giants beat Patriots in dramatic fashion

Super Bowl or midseason game, Eli Manning is the master of last-minute comebacks against the New England Patriots.
Leading the New York Giants 80 yards in just over a minute, Manning hit Jake Ballard for a one-yard touchdown with 15 seconds left for a 24-20 win yesterday, repeating a come-from-behind victory similar to the 2008 title game between the teams. The loss put New England into a three-way tie for the AFC East lead with the Bills and Jets, who they visit next Sunday night. THE ASSOCIATED PRESS

Als limp into playoffs

Defending champs end season with three straight losses, letting Bombers take top spot

Suddenly, the road back to the Grey Cup is a more perilous one for the Montreal Alouettes.

The Alouettes begin defence of their CFL title Sunday when they host the Hamilton Tiger-Cats in the East Division semifinal. While Montreal has a number of battle-tested veterans, the club heads into the playoffs having lost three straight games.

The latest defeat was a lopsided 43-1 decision to the B.C. Lions in a game the two-time defending champions needed to win in order to clinch top spot in the division.

Instead, that honour went to the Winnipeg Blue Bombers, who finished the season tied with Montreal with a 10-8 record but took top spot after winning the season series.

B.C. cemented first in the West Division with its win over Montreal despite ending the season tied at 11-7 with Edmonton and Calgary. The Lions won the season series with both of the conference rivals.

Edmonton will host Calgary in the West Division semifinal Sunday. The Lions and Bombers both earned the right to host their respective conference finals.

791
Passing yards for quarterback Drew Tate in Calgary's last three games. Calgary won all three games as Tate completed 63-of-96 passes for four TDs.

The key to success for Montreal is quarterback Anthony Calvillo, who led the CFL in passing (5,251 yards) and touchdowns (32) while surrendering just eight interceptions. But Calvillo was just 47-of-97 passing for 642 yards with a touchdown and three interceptions in the Alouettes' final three regular-season games.

However, Montreal's late-season troubles weren't relegated to just Calvillo. Opponents outscored the Alouettes 101-53 in those three games.

Montreal split its season series against Hamilton 2-2, with the home team winning each time. That should bode well for the Alouettes, who finished tied with Hamilton, B.C., and Edmonton for the top home mark at 6-3.

Another factor working in Montreal's favour is Hamilton's woeful 2-7 road record this season.

Calvillo was a central figure in all four games against Hamilton, passing for a combined 1,343 yards and seven TDs with no interceptions.

THE CANADIAN PRESS

4 sports

Quoted

"We've had an opportunity to play them quite a few times, so they know us, we know them, and it should lead for an exciting, good football game."

EAGLES COACH ANDY REID, ON HIS TEAM PLAYING THE CHICAGO BEARS TONIGHT. CHICAGO HAS WON THREE OF THE LAST FOUR MEETINGS AFTER LOSING FIVE STRAIGHT TO PHILADELPHIA BETWEEN 1999-2004.

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Disgraced, but still in the chase

Leafs weaknesses revealed in Saturday's 7-0 loss to Bruins ◗ Toronto club has shown ability to bounce back

There are two ways to look at the Maple Leafs. One is to examine how well — or poorly — they played against the reigning Stanley Cup champions Saturday night. The answer there is not good.

The other is to examine how they play the game after a loss, especially after a game in which they got their butts kicked. This team hasn't had problems stringing together losses in previous seasons. But so far this year, the Maple Leafs haven't lost two in a row.

That's encouraging, a sign that perhaps they've learned from their mistakes of the past.

"We can't take anything for granted," said goalie Jonas Gustavsson. "It's a matter of a couple of games. You lose a couple in a row, you're right down there."

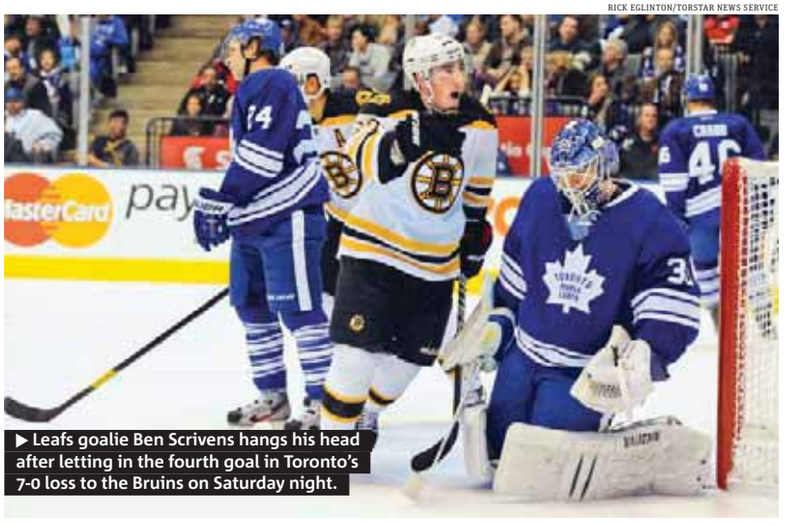
One could argue the good news is the Maple Leafs only have to face the Boston Bruins four more times. The Bruins seem to be the Leafs' only nemesis in the early part of the season, running up an aggregate score of 13-2 in two games.

But the Bruins — despite their otherwise sluggish start — are the Stanley Cup champions, making them essentially the team to beat, a measure for how far a rebuilding team has come, or how far off a team remains.

And it's how the Maple Leafs have played against Boston that may be the key to seeing the cracks in a lineup that has nonetheless gotten off to a surprising 9-4-2 start. TORSTAR NEWS SERVICE

GOALTENDING:
Against Boston, it's been atrocious. But James Reimer played neither of those games. That he didn't play Saturday is a concern. His "upper-body injury" may be worse than expected. Ben Scrivens is rated highly by Leafs brass and he apologized to his teammates after Saturday's loss.
"I said I've got to be better," said Scrivens. "Mistakes are going to happen in front of me and it's my job to bail my team out."
So the butterfly goalie is a stand-up guy, but his time may not be now. That leaves the Leafs with Gustavsson, who hasn't been great but has gotten wins.

RICK EGLINTON/TORSTAR NEWS SERVICE



▶ Leafs goalie Ben Scrivens hangs his head after letting in the fourth goal in Toronto's 7-0 loss to the Bruins on Saturday night.

PENALTY KILLING:
This one is linked directly to goaltending. It doesn't matter what system the team plays, goalies have to stop the pucks that are shot their way. When Reimer was healthy, the Leafs penalty killing was better. The team had allowed five goals in 22 chances (through five games), a 77.3 per cent kill rate, good enough for 22nd in the league. Not great, but better than last, where it sits now.
The combination of Gustavsson and Scrivens has allowed 11 goals in 33 opportunities. Yikes.
Coach Ron Wilson uses the same penalty killers on the ice. The only significant difference is the goalie.

DEFENCE:
As a group, they've got some learning to do. The team leads the league in blocked shots, with Mike Komisarek leading the way with 35 and John Michael Liles at 30.
They're willing to sacrifice their bodies. But, there seems little willingness by some — and Phil Kessel stands out — to work hard along the boards in their own end. On Saturday the Leafs were often caught flat-footed.
"Instead of sticking to what worked, and digging, we tried to hit home runs ... the result was 2 -on-1s and turnovers and it's game over," said coach Ron Wilson.

LOOKING FORWARD:
November hasn't been particularly kind to the Leafs during Wilson's tenure as coach. Last year, a 3-7-3 November swoon cost the Leafs a chance at the playoffs as they squandered a hot start. Overall, the Leafs were 12-18-9 with Wilson as coach in November coming into this year. On paper, the rest of November's schedule doesn't look that foreboding, starting with Florida, St. Louis and Ottawa this week. The toughest challengers are the Washington Capitals and Dallas Stars. And there's another chance to measure themselves against the champion Bruins in Toronto at the end of the month.

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d-Pittsburgh	15	9	3	1	2	45	34	21	4-1-1-0	5-2-0-2	6-3-0-1	W1
d-Toronto	14	9	4	1	0	45	46	19	5-1-1-0	4-3-0-0	6-4-0-0	L1
d-Washington	12	9	3	0	0	48	33	18	6-0-0-0	3-3-0-0	7-3-0-0	L1
Philadelphia	14	8	4	1	1	58	44	18	4-3-1-1	4-1-0-0	5-4-0-1	W1
NY Rangers	13	7	3	1	2	35	28	17	4-1-0-1	3-2-1-1	7-2-0-1	W4
Buffalo	13	8	5	0	0	36	28	16	3-4-0-0	5-1-0-0	6-4-0-0	W2
Tampa Bay	14	7	5	0	2	44	46	16	4-1-0-0	3-4-0-2	6-3-0-1	W2
Florida	13	6	4	0	3	34	36	15	2-1-0-3	4-3-0-0	4-3-0-3	L3
Ottawa	15	7	7	0	1	45	55	15	5-3-0-1	2-4-0-0	6-3-0-1	L3
New Jersey	12	6	5	0	1	30	34	13	3-2-0-1	3-3-0-0	5-3-0-1	W2
Carolina	14	5	6	2	1	35	47	13	3-3-0-1	2-3-2-0	4-4-1-1	L2
Montreal	13	5	6	1	1	34	36	12	2-3-1-1	3-3-0-0	4-4-1-1	L1
Winnipeg	14	5	7	1	1	35	45	12	2-2-0-0	3-5-1-1	4-4-1-1	L2
NY Islanders	11	4	5	1	1	23	29	10	4-3-1-0	0-2-0-1	4-4-1-1	W1
Boston	12	5	7	0	0	34	28	10	3-5-0-0	2-2-0-0	4-6-0-0	W2

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	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	13	10	3	0	0	40	31	20	6-1-0-0	4-2-0-0	8-2-0-0	W3
d-Chicago	14	8	3	1	2	46	42	19	5-1-0-2	3-2-1-0	6-2-1-1	L2
d-Edmonton	13	8	3	0	2	30	22	18	5-1-0-1	3-2-0-1	7-2-0-1	L1
Minnesota	13	7	3	2	1	30	26	17	5-2-1-0	2-1-1-1	6-2-2-0	W4
Nashville	13	7	4	1	1	35	34	16	2-2-0-1	5-2-1-0	5-3-1-1	W2
Phoenix	13	7	4	0	2	38	36	16	4-3-0-1	3-1-0-1	6-3-0-1	W1
San Jose	12	7	4	1	0	37	33	15	2-2-1-0	5-2-0-0	6-3-1-0	L1
Colorado	13	7	5	1	0	39	40	15	1-4-0-0	6-1-1-0	5-4-1-0	L2
Los Angeles	13	6	4	1	2	28	28	15	3-3-0-1	3-1-1-1	5-3-1-1	L4
Vancouver	15	7	7	0	1	45	44	15	3-2-0-1	4-5-0-0	5-5-0-0	W1
Detroit	12	6	5	1	0	29	29	13	4-2-1-0	2-3-0-0	4-5-1-0	W1
Anaheim	14	5	6	1	2	27	41	13	3-2-0-0	2-4-1-2	2-5-1-2	L5
St. Louis	13	6	7	0	0	32	35	12	3-1-0-0	3-6-0-0	5-5-0-0	L1
Calgary	12	5	6	1	0	28	31	11	3-3-1-0	2-3-0-0	5-4-1-0	L1
Columbus	14	2	11	0	1	31	53	5	2-4-0-1	0-7-0-0	2-8-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
N.Y. Rangers 3 Winnipeg 0
Vancouver 6 Chicago 2
Dallas 5 Carolina 2
Tampa Bay 4 Florida 3 (SO)
Calgary at Colorado
Saturday's results
Boston 7 Toronto 0
Buffalo 3 Ottawa 2 (SO)
New Jersey 3 Winnipeg 2 (OT)
Phoenix 4 Edmonton 2
Nashville 4 San Jose 3 (OT)
N.Y. Rangers 5 Montreal 3
Detroit 5 Anaheim 0
Minnesota 2 St. Louis 1
N.Y. Islanders 5 Washington 3
Philadelphia 9 Columbus 2
Pittsburgh 3 Los Angeles 2 (SO)
Tonight's games
All Times Eastern
N.Y. Islanders at Boston, 7 p.m.
Los Angeles at San Jose, 10:30 p.m.
Tomorrow's games
Winnipeg at Buffalo, 7 p.m.
Florida at Toronto, 7 p.m.
Carolina at New Jersey, 7 p.m.
Dallas at Washington, 7 p.m.
Edmonton at Montreal, 7:30 p.m.
Colorado at Detroit, 7:30 p.m.
Chicago at St. Louis, 8 p.m.
Minnesota at Calgary, 9 p.m.
Nashville at Los Angeles, 10:30 p.m.
Wednesday's games
N.Y. Rangers at Ottawa, 7:30 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
Nashville at Anaheim, 10 p.m.

RANGERS 2, JETS 0
First Period
No Scoring.
Penalties — Gaborik NYR (cross-checking) 8:07, Anisimov NYR (hooking) 15:31.
Second Period
1. N.Y. Rangers, Stepan 2 (Gaborik, Del Zotto) 10:01 (pp)
Penalties — Stepan NYR (interference) 3:10, Ladd Wpg (holding) 6:54, Ladd Wpg (high-sticking) 9:36.
Third Period
2. N.Y. Rangers, Gaborik 6 (Stepan, Anisimov) 8:31
3. N.Y. Rangers, Gaborik 7 (Anisimov) 19:58 (en)
Penalties — Festerling Wpg (cross-checking) 1:14, Flood Wpg (tripping) 2:12, Stuart Wpg (high-sticking) 2:43, Boyle NYR (high-sticking) 10:12, Burmistrov Wpg (hooking) 12:34.
Shots

Winnipeg	9	7	7	23
N.Y. Rangers	5	8	14	27

Goal — Winnipeg: Pavelec (L,4-5-2); N.Y. Rangers: Biron (W,3-0-0). **Power plays (goals-chances)** — Winnipeg: 0-4; N.Y. Rangers: 1-6.
Referees — Dave Jackson, Kyle Rehman.
Linesmen — Steve Barton, Jay Sharrers.
Att. — 18,200 (18,200) at New York.

CANUCKS 6, BLACKHAWKS 2
First Period
1. Vancouver, Booth 1 (Hodgson, Higgins) 6:00 (pp)
2. Chicago, Frolik 3 (Hjalmarsson) 12:57
Penalties — Seabrook Chi (interference) 4:17, Booth Vcr (hooking) 10:09, Alberts Vcr (elbowing) 14:06, Carcillo Chi (high-sticking) 15:28, Kane Chi (roughing) 19:42.
Second Period
3. Vancouver, Rome 1 (Hodgson, Booth) 1:16 (pp)
4. Vancouver, D.Sedin 6 (H.Sedin, Hamhuis) 4:40 (pp)
5. Chicago, Kruger 2 (Mayers, Stalberg) 15:07
6. Vancouver, Hansen 2 (D.Sedin, H.Sedin) 15:50
7. Vancouver, Hamhuis 2 (H.Sedin, Edler) 17:50 (pp)
Penalties — Bickell Chi (boarding) 3:53, Lapierre Vcr (unsportsmanlike conduct) 6:55, Alberts Vcr (holding) 9:39, Volpatti Vcr, Carcillo Chi (fighting) 13:00, Stalberg Chi (high-sticking) 16:11, Bieksa Vcr, Mayers Chi (fighting) 20:00.
Third Period
8. Vancouver, H.Sedin 5 (Edler, D.Sedin) 9:26 (pp)
Penalties — Higgins Vcr (holding) 0:50, Rome Vcr (roughing), Carcillo Chi (roughing, unsportsmanlike conduct) 9:06.
Shots

Vancouver	17	13	8	38
Chicago	9	20	11	40

Goal — Vancouver: Luongo (W,5-4-1); Chicago: Crawford (L,6-3-2). **Power plays (goals-chances)** — Vancouver: 5-6; Chicago: 0-5.
Referees — Don Van Massenhoven, Dan O'Rourke. **Linesmen** — Mike Cvik, Andy McElman.
Att. — 21,883 (19,717) at Chicago.

SATURDAY

RANGERS 5, CANADIENS 3
First Period
1. N.Y. Rangers, Christensen 1 (Stepan, Gaborik) 4:57 (pp)
2. N.Y. Rangers, Girardi 2 (Anisimov, Christensen) 10:28
3. N.Y. Rangers, Del Zotto 2 (Stepan, Anisimov) 17:40
Penalties — Pacioretty Mtl (boarding) 1:24, Gill Mtl, Dubinsky NYR (roughing), Nokelainen Mtl, Sauer NYR (fighting, game misconduct), Blunden Mtl (interference, fighting), Montreal bench (too many men; served by Darche), R.Callahan NYR (fighting) 4:18, Desharnais Mtl (hooking) 8:21, Desharnais Mtl (tripping) 10:48.
Second Period
4. Montreal, Pacioretty 5 (Gionta, Plekanec) 0:24
5. Montreal, Kostitsyn 5 (Plekanec, Cammalleri) 12:20 (pp)
6. N.Y. Rangers, Richards 4 (Prust, Deveaux) 18:50
Penalties — Plekanec Mtl (hooking) 0:45, Gionta Mtl (high-sticking) 8:17, McDonagh NYR (holding) 10:40, Lundqvist NYR (holding; served by Fedotenko) 11:48, Weber Mtl (high-sticking) 14:56.
Third Period
7. Montreal, Gionta 3 (Spacek, Plekanec) 18:10
8. N.Y. Rangers, R.Callahan 6 (McDonagh, Dubinsky) 19:21 (en)
Penalty — Subban Mtl (unsportsmanlike conduct) 13:19.
Shots

Montreal	3	13	12	28
N.Y. Rangers	16	6	7	29

Goal — Montreal: Price (L,5-5-2); N.Y. Rangers: Lundqvist (W,4-3-3). **Power plays (goals-chances)** — Montreal: 1-2; N.Y. Rangers: 1-9.
Referees — Dean Morton, Tim Peel. **Linesmen** — Pierre Champoux, Jay Sharrers.
Att. — 18,200 (18,200) at New York.

BRUINS 7, MAPLE LEAFS 0
First Period
1. Boston, Seguin 5 (Peverley, Bergeron) 6:23 (pp)
Penalty — Crabb Tor (holding) 5:13.
Second Period
2. Boston, Seguin 6 (Bergeron) 0:34
3. Boston, Lucic 5 (Chara, Krejci) 0:42
4. Boston, Seguin 7 (Bergeron, Marchand) 15:01
5. Boston, Krejci 2 (Lucic, Ference) 15:15
Penalty — Lucic Bos (high-sticking) 15:44.
Third Period
6. Boston, Lucic 6 (Krejci) 5:44
7. Boston, Thornton 1, 6:12
Penalties — Krejci Bos (hooking) 3:28, Seguin Bos (high-sticking) 6:45, MacArthur Tor (slashing) 10:59, Caron Bos (roughing) 11:49, Campbell Bos, Komisarek Tor (misconduct) 16:52.
Shots

Boston	5	12	7	20
Toronto	7	12	6	25

Goal — Boston: Thomas (W,5-4-0) Toronto: Scrivens (L,1-1-0). **Power plays (goals-chances)** — Boston: 1-2; Toronto: 0-4.
Referees — Gord Dwyer, Kevin Pollock. **Linesmen** — Greg Devorski, Jena Morin.
Att. — 19,497 (18,819) at Toronto.

NFL

WEEK NINE

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	5	3	0	.625	222	184
N.Y. Jets	5	3	0	.625	199	163
Buffalo	5	3	0	.625	222	174
Miami	1	7	0	.125	138	169
SOUTH						
Houston	6	3	0	.667	236	157
Tennessee	4	4	0	.500	156	169
Jacksonville	2	6	0	.250	98	163
Indianapolis	0	9	0	.000	128	283
NORTH						
Cincinnati	6	2	0	.750	195	140
Pittsburgh	6	2	0	.750	176	139
Baltimore	5	2	0	.714	185	110
Cleveland	3	5	0	.375	119	170
WEST						
Kansas City	4	4	0	.500	131	201
San Diego	4	4	0	.500	199	204
Oakland	4	4	0	.500	184	216
Denver	3	5	0	.375	171	224

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	6	2	0	.750	198	184
Dallas	4	4	0	.500	179	175
Philadelphia	3	4	0	.429	179	152
Washington	3	5	0	.375	127	158
SOUTH						
New Orleans	6	3	0	.667	287	205
Atlanta	5	3	0	.625	189	170
Tampa Bay	4	4	0	.500	147	196
Carolina	2	6	0	.250	187	207
NORTH						
Green Bay	8	0	0	1.000	275	179
Detroit	6	2	0	.750	239	147
Chicago	4	3	0	.571	170	150
Minnesota	2	6	0	.250	172	199
WEST						
San Francisco	7	1	0	.875	206	118
Seattle	2	6	0	.250	122	185
Arizona	2	6	0	.250	162	196
St. Louis	1	7	0	.125	100	211

Byes: Carolina, Detroit, Jacksonville, Minnesota
Yesterday's results
Dallas 23 Seattle 13
Miami 31 Kansas City 3
New Orleans 27 Tampa Bay 16
Houston 30 Cleveland 12
San Francisco 19 Washington 11
N.Y. Jets 27 Buffalo 11
Atlanta 31 Indianapolis 7
Denver 38 Oakland 24
Cincinnati 24 Tennessee 17
Green Bay 45 San Diego 38
Arizona 19 St. Louis 13 (OT)
N.Y. Giants 24 New England 20
Baltimore at Pittsburgh
Tonight's game
All Times Eastern
Chicago at Philadelphia, 8:30 p.m.

WEEK 10
Thursday, Nov. 10
Oakland at San Diego, 8:20 p.m.
Sunday, Nov. 13
Buffalo at Dallas, 1 p.m.
Denver at Kansas City, 1 p.m.
Washington at Miami, 1 p.m.
St. Louis at Cleveland, 1 p.m.
Arizona at Philadelphia, 1 p.m.
Tennessee at Carolina, 1 p.m.
Pittsburgh at Cincinnati, 1 p.m.
Houston at Tampa Bay, 1 p.m.
New Orleans at Atlanta, 1 p.m.
Jacksonville at Indianapolis, 1 p.m.
Baltimore at Seattle, 4:05 p.m.
N.Y. Giants at San Francisco, 4:15 p.m.
Detroit at Chicago, 4:15 p.m.
New England at N.Y. Jets, 8:20 p.m.
Monday, Nov. 14
Minnesota at Green Bay, 8:30 p.m.

CFL

WEEK 19

EAST DIVISION	GP	W	L	T	PF	PA	Pt
y-Winnipeg	18	10	8	0	432	432	20
x-Montreal	18	10	8	0	515	468	20
x-Hamilton	18	8	10	0	481	478	16
Toronto	18	6	12	0	397	498	12
WEST DIVISION							
y-B.C.	18	11	7	0	511	385	22
x-Edmonton	18	11	7	0	427	401	22
x-Calgary	18	11	7	0	511	476	22
Saskatchewan	18	5	13	0	346	482	10

x — clinched playoff berth; **y** — clinched division.
Saturday's results
B.C. 43 Montreal 1
Calgary 30 Winnipeg 24
Friday's result
Edmonton 23 Saskatchewan 20
Thursday's result
Toronto 33 Hamilton 16
END OF REGULAR SEASON

PLAYOFFS
All Times Eastern

DIVISION SEMIFINALS
Sunday, Nov. 13
EAST
Bye: Winnipeg
Hamilton at Montreal, 1 p.m.
WEST
Bye: B.C.
Calgary at Edmonton, 4:30 p.m.

SATURDAY

STAMPEDERS 30, BOMBERS 24
First Quarter
Cal — FG Paredes 47 2:50
Cal — TD Cornish 4 run (Paredes convert) 11:04
Cal — TD Rambo 11 pass from Tate (Paredes convert) 15:00
Second Quarter
Cal — TD Burris 1 run (Paredes convert) 7:09
Wpg — TD Garrett 2 run (Palardy convert) 11:23
Wpg — TD Denmark 18 pass from Brink (Palardy convert) 14:17
Wpg — FG Palardy 39 14:42
Third Quarter
Cal — FG Paredes 44 8:33
Fourth Quarter
Wpg — TD Brink 1 run (Palardy convert) 3:58
Cal — FG Paredes 37 8:16

Winnipeg	**0**	**17**	**0**	**7**	**24**
Calgary	**17**	**7**	**3**	**3**	**30**

Attendance — 29,076 at Calgary.

LIONS 43, ALOUETTES 1
First Quarter
Mtl — Single Whyte 64 4:49
B.C. — TD Harris 11 pass from Lulay (McCallum convert) 8:05
B.C. — TD Harris 33 pass from Lulay (McCallum convert) 11:14
Second Quarter
B.C. — TD Gore 7 pass from Lulay (McCallum convert) 6:57
B.C. — FG McCallum 27 13:35
Third Quarter
B.C. — TD Harris 7 pass from Lulay (McCallum convert) 3:38
B.C. — FG McCallum 38 10:31
Fourth Quarter
B.C. — FG McCallum 32 0:13
B.C. — FG McCallum 18 6:05
B.C. — FG McCallum 32 13:53

Montreal	**1**	**0**	**0**	**0**	**1**
B.C.	**14**	**10**	**10**	**9**	**43**

Attendance — 35,454 at Vancouver.

SOCCER

MLS PLAYOFFS

EASTERN CONFERENCE FINAL
Yesterday's result
Houston 2 Kansas City 0

WESTERN CONFERENCE FINAL
Last night's result
Real Salt Lake at Los Angeles

MLS CUP
Sunday, Nov. 20
At Carson, Calif.
Houston vs. Real Salt Lake/Los Angeles, 9 p.m.

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Manchester City	11	10	1	0	39	10	31
Manchester United	11	8	2	1	28	12	26
Newcastle	11	7	4	0	17	8	25
Chelsea	11	7	1	3	24	15	22
Tottenham	10	7	1	2	21	15	22
Liverpool	11	5	4	2	14	10	19
Arsenal	11	6	1	4	23	21	19
Aston Villa	11	3	6	2	16	15	15
Norwich	11	3	4	4	16	18	13
Swansea	11	3	4	4	12	15	13
QPR	11	3	3	5	10	20	12
Stoke	11	3	3	5	8	19	12
Wolverhampton	11	3	2	6	12	18	11
West Brom	11	3	2	6	9	16	11
Sunderland	11	2	4	5	14	13	10
Fulham	11	2	4	5	14	15	10
Everton	10	3	1	6	11	15	10
Bolton	11	3	0	8	18	27	9
Blackburn	11	1	3	7	13	24	6
Wigan	11	1	2	8	7	20	5

Yesterday's results
Wolverhampton Wanderers 3 Wigan 1
Bolton 5 Stoke 0
Fulham 1 Tottenham 3
Saturday's results
Arsenal 3 West Bromwich Albion 0
Aston Villa 3 Norwich 2
Blackburn 0 Chelsea 1
Liverpool 0 Swansea 0
Manchester United 1 Sunderland 0
Newcastle 2 Everton 1
Queens Park Rangers 2 Manchester City 3

TENNIS

ATP VALENCIA OPEN 500
At Valencia, Spain
Singles — Championship
Marcel Granollers, Spain, def. Juan Monaco, Argentina, 6-2, 4-6, 7-6 (3).
Doubles — Championship
Bob and Mike Bryan (1), U.S., def. Eric Butorac, U.S., and Jean-Julien Rojer, Netherlands Antilles, 6-4, 7-6 (9).

ATP DAVIDOFF SWISS INDOORS
At Basel, Switzerland
Singles — Championship
Roger Federer (3), Switzerland, def. Kei Nishikori, Japan, 6-1, 6-3.
Doubles — Championship
Michael Llodra, France, and Nenad Zimonjic (1), Serbia, vs. Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto**, 6-4, 7-5.

WTA COMMONWEALTH BANK TOURNAMENT OF CHAMPIONS
At Nusa Dua, Indonesia
Singles — Championship
Ana Ivanovic, Serbia, def. Anabel Medina Garrigues, Spain, 6-3, 6-0.

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NBA players given offer with an expiry date

NBA players have until Wednesday to accept Commissioner David Stern's latest offer, though the response already seems obvious.

"Right now, we've been given the ultimatum, and our answer is that's not acceptable to us," union president Derek Fisher said.

But the next proposal promises to be worse, surely moving players and owners even further apart and threatening to destroy the 2011-12 season.

Early yesterday morning, the league said it offered players up to 51 per cent of basketball-related income — a figure the union insists is fiction. Regardless, it will drop to 47 per cent Wednesday if players don't accept the offer by the league-imposed deadline. No agreement by the deadline likely will trigger more calls to disband the union and take on the league in court.

"It's fair to say that there are some who believe a vote to decertify is a vote to end the season," said a person familiar with the owners' thinking who spoke to The Associated Press on condition of anonymity.

Fisher said the league's deal — Stern refused to call it an ultimatum — came near the conclusion of Saturday's talks.

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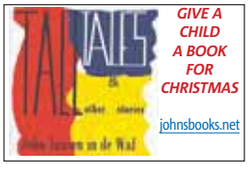

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Public Auctions

NOTICE OF SALE

Storage-Mart #3001 328 Commissioners Rd. West, London, ON on Friday November 18th @ 10:30am Units: 0217B Ian Ritchie • Storage-Mart #3002 1020 Wonderland Rd S, London, ON on Friday November 18th @ 11:00am Units: 1134 Paula Chartrand, 1427 Raymond David, 2139 Amanda Larock, 3039 Sasha Briffett • Storage-Mart #3003 665 Adelaide St.N., London, Ontario Friday November 18th @ 10:00am Units: 0741G Xolani Halabangana, 1102A Jeff Pinney • Storage-Mart #3004 155 South Edgeware Rd, St Thomas, ON Friday November 18th @ 1:00pm Units: 337 Leigh Tyson, S230 Diane Hayes, 814 Pride Toombs • Storage-Mart #3032 85 Westney Rd. S, Ajax ON Friday November 18th @ 10:30am Units: 7038 Michelle Hardy, 8121 Shelly Bowskill, 9120 Sheik Ekball, 1121 Langelihie Siwela, 5020 Langelihie Siwela, 6100 Fiaz Baksh, 7041 Mark Nurse, 7163 Audrey Gallen • Storage-Mart #3033 1700 Alliance Rd., Pickering ON Friday November 18th @ 11:30am Units: D48 Rita Mclean, D53 Susan Passmore, E66 Mark Stines, F73 Wayne Parris, F27 Wilton Neale, J17 Forever Fitness Shoppe, P56 Mark Isaac • Storage-Mart #3034 996 Farewell Street, Oshawa ON Friday Friday November 18th @9:30am Units: 31C Cindy Sheppard, 16WC Bon Michael, 47N/48N Darlene Cochrane

According to the Lease by and between the customers listed above listed above and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s) UPON A COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: Household goods, tools, furniture, clothing, hockey equipment, mountain bikes, luggage, ladder, games, totes and boxes, leather recliner, speakers, mattresses, BBQ, covered boat, outboard motors, aquarium, fridge, golf clubs, exercise equipment, flat screen T.V. Items will be sold or otherwise disposed of at this site on dates and at approximate times listed by the addresses above to satisfy owner lien in accordance with the state statues. Terms of the sale are cash only. No checks will be accepted. All goods are sold in "as is "condition. Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale.

Public Auctions

NOTICE OF PUBLIC AUCTION

Storage Mart #3007 542 Evans Avenue, Etobicoke ON M8W 2V4 – #2401 Raymond Swindall, #3009 Patrick Bailey • Storagemart #3008 680 Kipling Avenue, Etobicoke, ON M8Z 5G3 – #1102 Alberto Jaramillo, #1224 Neal Sarin, #2151 Helen Milne, #3042 John Rasmussen, 2137 Jamie Allen, #2059 Charles Brown, #2064 Halina Antoniewicz, #4092 Cory Leblanc • StorageMart #3009 110 Guided Crt, Etobicoke, On M9V 4K6 – #F0086 & #F0087 Al Palladini's Pine Tree Ford, #F0189 Maria Loayza, #A0102 Jean Nzaba, #A0077 Ana Huezo, #C0084 George Cirillo • Storage Mart #3012 144 Norseman Street, Etobicoke ON M8Z 2R4 – #3126 Kyra Rattray • Storage Mart #3013 221 Todd Baylis Blvd, Toronto ON M6M4L2 – #1526 Tammy Brazeau, • Storage Mart #3014 555 Trethewey Drive, Toronto ON M6M 4B8 – C010 Marvin Mitchell, P604 Robert Williams, D1086 Wendy Joseph, D2010 Devon Haughton, D2096 Simon Manneh, D2200 Omar DeJonge, D2283 Govind Calu, E1078 Stanley Ezikpeagwu, E2238 Nuno Silva • StorageMart # 3017- 8929 Weston Rd, Woodbridge On. L4L 1A6 – Unit #34 Andrew Dalgliesh, Unit # 73 Michelle Ignjatov, Unit # 118 2171469 Ontario Inc • Storage Mart # 3024 - 81 Arrow Rd, Toronto, On M9M 2L4 – #2015 Metro Liquidation International, #1190 Michelle Rose, #1116 Andrew Harrison, #1176 Melissa Theresa Clarke, #1196 Tanisha Parris, #1215 Sophoa Clarke, #2198 Christine Jimidar • Storage-Mart #3026 - 990 Syscon Road, Burlington,Ontario L7L 5S2 – #B0143 Dwight Barbour, #C0066 Russell Shaw • Storage-Mart #3027 – 140 Armstrong Avenue, Georgetown Ontario L7G 4S3 – #2069 Daniel Robidas • StorageMart #3028 10345 Keele Street, Maple ON L6A 3Y9 – #1200 Frank Geivelis • Storage Mart #3029 867 Nipissing Road, Milton ON L9T 4Z4 – #B15 Stephen Dominique

According to the Lease by and between the customers listed above listed above and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s) UPON A COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: Household goods, furniture and misc items. Items will be sold or other wise disposed of at this site on October 21st, 2011 to satisfy owner lien in accordance with the Provincial statues. Terms of the sale are cash only. No cheques will be accepted. All goods are sold in "as is "condition. Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale. Please call 416.503.0892 ext 2 for auction times.

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Public Auctions

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Storage-Mart #3015, 120 Wicksteed Avenue, Toronto, On M4G 4K7 at 10:00am – Unit 2600 - K. Nowosad Pener, Unit B3226 M. Gallagher, Unit B2722 M. Soltys, Unit 3717 N. Helfert • Storage-Mart #3025, 875 Don Mills Road, Toronto, On M3C 1V9 – Unit 1122 Jessom Communications, Unit 1308 Maple Leafe Contractors, Unit 1310 T. Hutton, Unit 1435 M. Waithe, Unit 1519 A. Souin, Unit 1336 C. Di Flaviano • Storage-Mart #3021, 1776 O'Connor Drive, Toronto, On M4A 1W8 – Unit 2333 R. Barlow, Unit 2559 A. Hastick, Unit 5000 C. Gardener, Unit 5010 C Drains/M. Barbetta, Unit 5013 E. Engelen, Unit 5023 System Form Construction • Storage-Mart #3022, 947 Warden Avenue, Toronto, On M1L 4E3 – Unit 1560 T. Wade, Unit 2011 C. Reynolds, Unit 1217 In Touch Culture • Storage-Mart #3023, 25 Crouse Road, Scarborough, On M1R 5P8 – Unit 4022 M. Papadakis, Unit 4049 R. Reardon, Unit 4084 S. Bennett • Storage-Mart #3031, 4780 Sheppard Avenue East, Scarborough, On M1S 3V6 – Unit 1028 M. Mendoza, Unit 1033 D Lewis, Unit 5003 L. Isaac, Unit 5007 W. Robb, Unit 5022/4049 J. Grundl, Unit 5046 M. Charles, Unit 7045 Herdsman Plumbing, Unit 8126 RBS Restaurant, Unit 8357 T. Felthman

According to the Lease by and between the customers listed above and TKG-Storage-Mart and its related parties, assigns and affiliates in order to perfect the lien on the goods contained in their storage units, the manager has cut the lock on their unit(s) UPON A CURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: household goods, furniture, and miscellaneous items. Items will be sold or otherwise disposed of at the site on November 18, 2011 at approximate time listed by the addresses above to satisfy owner lien and accordance with the provincial statues. Terms of the sale are CASH ONLY no cheques will be accepted all goods are sold in "as is" condition. Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to over-bid all items or spaces may not be available on date of sale. Please call 416-291-5353 Ext 2 for auction times.

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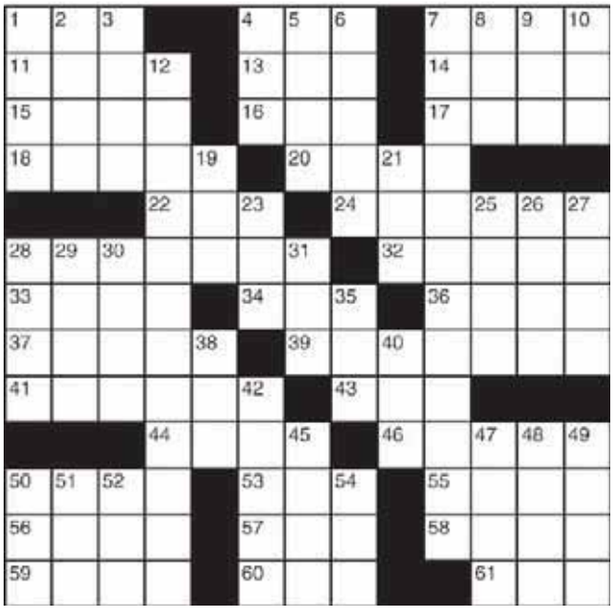
Crossword



Across
1 Wrigley product
4 Cleopatra's snake
7 Highway
11 From the start
13 Zero
14 Loosen
15 Peru's capital
16 Genetic evidence
17 Gas in signs
18 Coral ring
20 Potter's oven
22 Youngster
24 Rid of frost
28 Custodian
32 Battery terminal
33 Prayer ending
34 Card player's call
36 Stefani Germanotta, a.k.a. Lady —
37 Neighbor of Leo and Libra
39 Klutz
41 Makes sense
43 Chinese "way"
44 Jog
46 Peppermint —
50 Bamako's country
53 Knight's address
55 Comical Caroline
56 Grand story
57 Anger
58 Sketch
59 Tech whiz
60 Danson or Nugent
61 Coffee vessel

Down
1 Big party
2 Troop group
3 Note
4 Moreover
5 Go under
6 Tartan pattern
7 Feature near the door of a really old car
8 Indivisible
9 Commotion
10 Get dressed in
12 Cane
19 Torched
21 Meadow
23 Pooch
25 Furnace fuel
26 Rim
27 Darling
28 Coffee, slangily
29 Surrounded by
30 Uncool sort
31 Cage component
35 Pecan or almond
38 "— Town"
40 Atlas page
42 Suggest
45 Grow weary
47 By way of, for short
48 Rip
49 Show boredom
50 "Family Guy" daughter
51 Gorilla
52 Whopper
54 Crimson

▶ Yesterday's answer

B	A	S	I	C		I	S	M		F	D	A
A	L	A	M	O		N	E	O		E	R	R
H	E	M	A	N		S	A	M	U	R	A	I
		O	M	E	L	E	T		S	A	W	S
J	O	Y		S	A	C		T	U	L	L	E
I	D	E	A		S	T	A	I	R			
M	E	D	D	L	E		U	N	E	S	C	O
			A	I	R	E	D		R	A	I	D
W	E	D	G	E		X	I	I		M	A	D
A	M	O	I		D	E	T	R	O	P		
S	A	M	O	V	A	R		I	N	L	A	W
T	I	E		A	N	T		S	C	E	N	T
E	L	D		N	A	S		H	E	R	D	S

Sudoku

		3	4					
8		2						
	9			1			3	8
7					3	2	1	
		1		9		4		
	6	5	1					7
9	7			6			4	
						3		9
					5	6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	9	6	3	5	1	8	2	4
1	2	3	8	6	4	9	5	7
8	4	5	2	7	9	1	3	6
5	3	2	6	8	7	4	1	9
6	1	9	4	2	3	7	8	5
4	8	7	9	1	5	3	6	2
9	5	4	1	3	6	2	7	8
3	6	8	7	4	2	5	9	1
2	7	1	5	9	8	6	4	3

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FROM CESAR

Jory
Hey babe just want u to know i love u more than anything in the world.I also want to wish u a happy birthday. looking forward to a future with u in it. :)
FROM HEHE:)

lalala...
love ya, miss ya, kiss ya :)
FR

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Tuesday 12°/9° Partly sunny
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 There is every possibility that you will come up with an idea that could change your life today.

♉ Taurus April 21-May 21 Don't be scared to blow your own trumpet this coming week.

♊ Gemini May 22-June 21 If there is something important that you need to say then say it now.

♋ Cancer June 22-July 22 You will be much more confident about your ideas over the next few days.

♌ Leo July 23-Aug.23 You need to be more open about your thoughts and feelings, especially if you are the kind of Leo who likes to project an image of self-control.

♍ Virgo Aug. 24- Sept. 22 You will find it easy to win friends and influence people today.

♎ Libra Sept. 23-Oct. 23 You have been worrying about your money situation for no good reason.

♏ Scorpio Oct. 24-Nov. 22 Speak up and let employers and other important people know what you think about what's been going on, both in your work place and in the wider world.

♐ Sagittarius Nov. 23-Dec. 21 There is a time and a place for work and a time and a place for play and the two should be kept as far apart as possible today.

♑ Capricorn Dec. 22-Jan. 20 Find something positive to say about everyone you meet.

♒ Aquarius Jan. 21-Feb. 18 No matter how difficult the challenges you have to face this coming week you will overcome them with ease.

♓ Pisces Feb. 19-March 20. Say what is on your mind, even at the risk of offending people.

SALLY BROMPTON

Caption contest

ROB GRIFFITH/ THE ASSOCIATED PRESS

ITSUO INOUYE/ THE ASSOCIATED PRESS

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